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DISCOURSES

ON THE

GOUT,

A

RHEUMATISM,

AND THE

KING's EVIL.

CONTAINING

An EXPLICATION of the Nature,
Causes, and different Species of
those DISEASES, and the Me-
thod of Curing them.

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G O U
T H E
P R E F A C E

THIS is the first of the series of
the English edition of the
original and a reader's plan
of the series, namely, from the
ground, and withstanding it is not
described with care, and without
by mistake the hands, as pointed out
ever but little ground and figure the
very a long series of years, and could
not have of more great and more
first, the first, it is the first
advised with plenty of labour and
pleasant, that in order manner and
more generous, and more is come.
And



T H E
P R E F A C E.

TH E Art of Healing was,
in the eldest Ages of Learning,
but a tender Plant,
sprung newly from the
Ground; and notwithstanding it was
cherished with Care, and cultivated
by industrious Hands, acquired how-
ever but little Growth and Vigour du-
ring a long Series of Years, and could
only boast of some green and unripe
Fruit; tho', 'tis true, it was then
adorned with Plenty of Leaves and
Blossoms, that promised maturer and
more generous Productions to come.

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And therefore it is agreeable to Reason that the primitive Enquiries into the Nature of Diseases, and the means of their Cure should be very crude and imperfect: But tho' for this Cause he that seeks for Light in that dark Age of Physick, where he will meet but a few broken Rays and Glimmerings to guide his Steps thro' the intricate Recesses of Medicinal Knowledge, will find his Expectations greatly disappointed, yet many Students employ their Time in ransacking with assiduous Application these Writings of the eldest Physicians, as so many plentiful Hoards and Repositories of necessary Learning; and tho' they acquire by it no Improvement of their Understandings in the Art of healing Distempers, yet some of them may perhaps imagine they shall procure Reputation, and be esteemed learned Men, and perhaps may think their Labour sufficiently paid

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paid by the Attainment of that Character. For seeing Learning, by the universal Consent of Mankind, is allowed to be a worthy and superiour Accomplishment, not only as it dignifies and adorns the Mind above all vulgar Knowledge of human Affairs, but as great Application and uncommon intellectual Capacity are required to procure it, is it a Wonder that so many Persons, ambitious of Preheminence and Distinction, enter their Claim to so reputable an Endowment?

Nor is it improbable that many of a low Genius and moderate Faculties apply themselves with great Diligence to the reading of Authors that flourished in ancient Times, that they may gain this Credit of being great Scholars, while they are conscious of their Inability to raise a Name by superior and more useful Studies, and therefore dignify this inferior sort of

Knowledge with the Title of Learning.

It is a just Remark, that some Persons antecedently to Judgment and Choice are disposed, by a strong Biass and an inbred Inclination, to admire and reverence all Books of an old Date, in Comparison of which all modern Science and Works of Erudition are, in their Opinion, idle and contemptible; and while they long converse with ancient Authors and search into dusty and Worm-eaten Volumes, that have little else to recommend them but this, that they are many hundred Years old, they become skilful Antiquaries in the old Monuments of the Schools, the broken Fragments of obsolete Writers, and the Ruins of Learning. The Men that are far gone in this Taste, adore whatever they find in our eldest Forefathers, tho' ever so fruitless and insipid, extoll all Things that are covered with

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venerable Dust and Cobwebs, and has a stale, rancid and musty Relish. This Passion for old Authors is taken Notice of by Mr. Lock in his Posthumous Works, and likewise by Sieur D'Ablencourt in the Preface to his Translation of Lucian; where he says, I know this Translation will not please all the World, chiefly those, who Idolize all the Words and all the Thoughts of the Ancients, and who do not believe there is any one good Work of which the Author is still alive.

I have lately read, in an obscure unspoken of Book, a Letter feigned to be written at the Command of a Man of Quality in the Country, by his Steward to a Bookseller in London, which sets this fond Admiration of old and odd Authors, as well as those that are scarce and hard to be gotten, in a clear View; and it will not, I imagine, be impertinent to relate the Substance of it in this Place.

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The Writer first informs his Correspondent, that a Gentleman of London dining one Day with his Master, after a short Time, began to shine forth in a great Effusion of Learning, and that his Discourse turn'd chiefly upon the best Way for modelling a Library, and the Choice of the most valuable Books to replenish it. Then, says he, the Gentleman described his own and some other noble Libraries, and told how admirably they were contrived, fitted up and adorn'd with Folios and other subordinate Sizes, all gilt and rang'd in beautiful Order, till, says he, I began to consider him as an Upholsterer in Learning, that hangs and furnishes large Rooms with Writers of all sorts, but especially those of no use. If he is any thing more, it must be only a Virtuoso in Books, who amasses the Works of the learned and unlearned without Distinction, not to peruse them, but only to out-vy all

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all Pretenders to the Science of collecting Authors. And tho' by his Discourse, which was wholly about the History of Learning and the Editions of Writers, he seem'd to me to have more the Air of the Bookseller than the Scholar, he gain'd however so upon my Patron, who has a Head turn'd that way, that he has resolv'd to augment his Library with several Shelves, and to add new Levies to each Regiment of Authors. In pursuance of this Design, he has commanded me to write to you to furnish his empty Spaces with three Yards of mystick Theology, and as many of the subtile and profound Labours of the Schoolmen: He desires seven Foot in Folio of the best old Civil Law; but if you can procure him the Tractatus Tractatum, he'll build a Place on purpose to receive those numerous Volumes. Then he continues thus:

Sir,

Sir, my Master being determined to search the Depths of Philosophy, and having all modern Authors in Contempt compared with the ancient Sages, he desires you to send him Aristotle's Philosophical Works, and an entire Collection of his Commentators, and all the eldest Greek Writers whatsoever.

He desires also any Authors upon any Subjects, that have been long out of Print, and are found in very few Hands; such as the Bible of Sixtus Quintus, Avicenne of the Soul; and, in short, if you see in any Catalogue to be sold by Auction the Title of a Book with this Parenthesis at the end (Liber rarissimus) be it what it will, buy it, and as to the Price your Commission is unlimited. He had given Order for Sir Isaac Newton's Philosophy, which he thought was scarce, but recall'd it, having heard that it is newly reprinted.

I pro-

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I propos'd to him many celebrated English Worthies, but he reject'd them with an Air of Contempt, and said those Authors, by lying in every Bookseller's Shop and every Gentleman's Closet, had lost their Credit.

Then he adds at the latter End of his Letter this further Commission: I have Orders likewise to entreat you to procure all Philosophical Romances, such as the System of Cartesius, Gassendus on Epicurus, Burnet's Theory of the Earth, which he is told are entertaining, and writ in a high Taste of Scholastick Errantry. Any Essays of the Students, in Occult Philosophy and of Rosicrucian Adepts, on the Philosopher's Stone and Transmutation of Metals; all Pieces of Cabalistical and Hieroglyphick Learning, and the Writers of Talismans, Magick Dreams and Divination will mightily oblige him. He has heard that many of these Authors were found
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in the curious Collection of the late learned Small-Coal-Man; if you can get any of them from those, who bought them, he values no Cost. He has nine Editions of Boethius de Consolatione, and hears there is yet a tenth printed at Frankfort; you must by all means procure it to compleat his Set. You must know likewise that the scarce Editions of Aldus, the Juntæ, Harry Stephens, Vascosan and Macæus are perfectly agreeable to his Taste. My Commission at this Time ends, when I have told you that you must take Care to send him the French Epick Poets, and the ingenious and learned Labours of that Nation in Mottos and Devices.

And had this Gentleman thought upon it, no doubt he would have augmented the Commission with this Postscript.

My Master resolving to have a compleat Library requests you to procure

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cure for him, if it can be done for Love or Money, all the Commentators on Hippocrates, all the Greek Physicians after Galen, all the Works of the Arabian Worthies of the Aesculapian Line, for he looks upon these as an inestimable Treasure; and you must spare no Cost or Diligence in getting for him any of the Authors that were put forth in the Age when Printing begun, it is no Matter what Subject is treated of, or in what Letter or on what Paper it is printed, so it has an antique Cast and can scarcely be read: For these Books he hugs as old Gold, and esteems them as ancient Medals, or the Drawings of Michael Angelo, and other Painters of the first Rank.

And tho' my Master knows that since that Time abundance of those Authors have been put forth far more correctly than those in fourteen Hundred, yet, he says that these Editions are so com-

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mon and so easy to be had, that they cannot be look'd upon as Curiosities fit to embellish a well chosen Library, nor to entertain Scholars of the like Taste that come to visit him.

And it must be acknowledged that there are many Gentlemen besides this, that have a strong Infusion in their Temperament of this fond Passion for the Authors of the first Ages.

But as many Gentlemen idolize the eldest Writers, while they undervalue and despise those of later Ages, so on the other Hand, great Numbers are so enamour'd and transported with the Works of the Moderns, that they give few of the Ancients a good Word, and tell us, that in their Judgment, if the Merit of the old Authors were set up in Competition against those of the two last Centuries, it would be much eclipsed, and greatly suffer by the Comparison.

Since

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Since then this Controversy, whether the Preheminence in Learning should be ascribed to the Ancients or the Moderns, has been carried on so long, and with so much Vigour, and still continues undecided, it may not be impertinent to enquire into the Nature of this Accomplishment, that One may know what it is that the Rivals contend so warmly for. Learning then may be thus defined; It is an acquir'd Knowledge that enriches the Understanding with Plenty of just Ideas of divine and human Things, abstracting from the Skill that directs the Labour of the Body, or the Exercise of the Hand, as well as from Commerce and the vulgar Business of Life. The generical Notion then of Learning is acquir'd Knowledge or Sapiientia, and the specifick Limitation mentioned, bounds and distinguishes it from all other Kinds of Craft or Wisdom; and there-

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therefore we deny to Expertness in Musick, Painting, Sculpture, Anatomy, mechanical Arts, Trade and Merchandize, the Title or Name of Learning, from which they are excluded by their Dependence on the Labour of the Body, or the Operation of the Hands.

Learning is divided into contemplative and active. The contemplative consists in the Admission of such clear and just Ideas to the Mind, as regard only the Truth of Propositions, that is the due Conformity and Agreement between those Ideas and their Objects, and is abstracted or separated from Matters of Practice. Such are the Speculations about many divine Subjects, and those of the natural and metaphysical Philosopher, the Philologist, Critick, and Historian. The active is that which contains Rules and Directions for Practice

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Practice, as the Arts of Rhetorick, Poetry, Policy, and Physick.

Besides, Learning may be divided into useful or unuseful. The useful is that, which in a superiour or lower Degree promotes the Well-being and Happiness of Mankind; the unuseful Kinds are the frivolous Amusements and Productions of hard Students, that enamoured and captivated with Toys, by great Sweat and Labour spin out fine Cobwebs, hunt, like Domitian, after Flies in their Closets, or like some modern Virtuoso's, eagerly pursue rare and surprising Insects: And 'tis certain that such Learning merits no Praise or Esteem; for not being conducive to the Service and real Benefit of private Persons or civil Societies, it is no more than curious, unvulgar Folly and grave Impertinence.

Such are the contemplative Lucubrations of the chief Philosophical
a Sects

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Sects in Greece, who constantly amus'd themselves in the Fairy Land of Speculation, where the Sages were bewilder'd in various Labyrinths, and all so intricate, that by the help of the finest Clue of Philosophers Thread spun in the Academy, Lycæum or Stoa, they were utterly incapable of finding a Passage through. However the Masters of those Sects assuming to themselves Airs of Gravity and Importance, demanded great Respect and Veneration from the People, and having placed the highest Wisdom in Contemplation, thought themselves vastly advanced above the low Rank of active Mortals, that only understood Business, and were no more than useful Members of the Community, the Guardians of their Country and the chief Supporters of the Commonwealth; yet that these haughty Philosophers, notwithstanding their Arrogance, Ostentation and Contempt
of

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of others, could pretend to no superior Merit, will afterwards appear.

The Knowledge of Physick or the Cure of Diseases has always, and with good Reason, been number'd among the learned Arts, and accordingly the Professors of it have been allowed the Denomination of learned Men. But since the Endowments, procured by Study and Application in the Exercise of our intellectual Faculties, are not desirable or to be valued for themselves, but only as they have a relative Goodness in being a subservient Means to promote the Benefit and Felicity of Men; and since a considerable Part of what Physicians call Learning in their Profession is very little, or not at all conducive to the Acquisition or Improvement of their Art, to the Good of themselves or their Country, it is so far to be slighted as a useless and insignificant Attainment, which is likewise true in

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part of several other Arts and Sciences; and therefore it may not be improper to distinguish and point out those fruitless and impertinent Parts of Learning, that some Students in Physick with great Diligence and Industry labour to be Masters of.

In doing this, to make my Attempt the more effectual, I will first shew how this Observation is just, concerning the other Sciences and Arts of the Schools. Learning then, as said before, is an acquir'd Knowledge, that dignifies and enriches the Mind with numerous true Ideas of Divine and Humane Things; the Truth of which Ideas consists in their just Resemblance of, or Conformity to the Objects presented to the Mind, as the falseness of our Conceptions results from the want of such Conformity: And to this the Schools have ever given the Name of Physical Truth and Error. In like manner moral Truth springs from the
Agree-

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Agreement and Similitude between our Thoughts and Words, or the Conceptions of the Mind and the Expressions, that convey them to others, as the want of such an Agreement and Conformity between our Words and Sentiments is styl'd moral Falsehood.

Some Kinds of Science are useful in a low Degree, or wholly unprofitable or hurtful, as that, which consists in the Knowledge acquired by the Labour and Industry of the old Physical and Metaphysical Philosophers of Greece, for I do not intermeddle with their other Works: A studious Perusal of these can only procure an Historical Knowledge of what those Philosophers knew, or rather thought they knew in the first Ages of Learning: Besides, as this Knowledge is unnecessary and fruitless, being no more than an Acquaintance with the Dreams and Philosophical Romances of trifling Sages, so it not being attainable

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tainable but with great Pains and a profuse Expence of unvaluable Time, it is detrimental to the misemployed Student ; for the Systems, that the Ancients invented and left behind them, tho' celebrated and admired thro' so many Centuries, deserve however no better Apellation, than that I have given them.

*I will begin with Pythagoras: This applauded Master of the Italic School, notwithstanding he was furnish'd with the Learning of Egypt and Greece, has communicated to his Scholars such poor Notions of natural Science, as, represented by the learned Philosophers that followed his Doctrines, are of no Value, should we suppose they are truly expounded ; for this great Master so wrapt his Notions in Clouds and Allegories, so conceal'd his Ideas in Numbers and Harmony, and convey'd them in Expressions so obscure and intricate, that
a Man*

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a Man has need of a great Felicity at Guessing, that can make out his Meaning ; for that some Meaning he had is highly probable, tho' disguised in doubtful Language and affected Mystery. And this Obscurity his Follower and great Admirer Hierocles confesses, and says it is a Work that requires much Time, great Sagacity and Penetration, even for an acute Commentator to search and find out his Doctrines, and bring them forth into the Light from their dark Re-cesses. The Philosophy then he taught being very dubious and uncertain, different Expositors may pitch upon different Interpretations, and 'tis very possible that neither of them may be the Right ; but such, I say, as his Disciples and Admirers represent them, they are manifestly false or built on precarious Foundations.

The natural Philosophy of Plato, which is contained in his Timæus,

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is a confused Medley of Doctrines, composed of those he learned during his Travels, in the Italick School of Pythagoras or in the Colleges of the Egyptian Priests, blended and incorporated with the Notions he gather'd, as well from the barbarous Nations, as from his own polite Country, which he augmented by the Lights he received from his Conversation with the Jews in Egypt, or from the Writings of Moses, the Septuagint being published, as learned Men affirm, before his Death. Besides this great Man, though he enrich'd and set off his Diction with all the Flowers and Beauties of Athenian Eloquence, yet either because his Ideas of natural Principles were dark and entangled, or because, as some eminent Authors say, out of a Design to render his Notions more admirable and more worthy of Veneration, while they were clouded with Mists and intelligible

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gible only to Philosophers, has left his Volumes in affected Obscurity; and if this be true, he has excell'd and outwent his own Intention, having involved his Sentiments in so much Darknes, that they are not obvious nor hardly penetrable even by Philosophers themselves. And that he intened this Obscurity on Purpose to disguise his Opinions is hence probable, that he uses Words and Phrases of different and contrary Significations to express the same Thing, and sometimes the same Words to express Things directly opposite, and therefore P. B. Eugubinus a learned Expositor, who has written three large Volumes of Commentaries upon Plato's Timæus, acknowledges the great Darknes of his Author in several Places, and declares that his Notions are incumber'd with such great Difficulties, and that he lay entrench'd behind Bulwarks so lofty

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lofty and so hardly passable, that it requires much Time, Labour, and Application to discover his Sentiments and unvail his disguised Opinions; which is the same Thing that Hierocles, as before mentioned, affirms of Pythagoras. But the worst of it is, that after all this Sweat and Toil in digging in the rich Mines, as they are called of Plato's Natural Philosophy, the Oar that is raised, tho' ever so much refined, is at last found to be of no Price; for his Doctrines, not being established on the solid Foundations of Reason, are the meer Creatures of Fancy, that unsupported by sufficient Evidence hover in the Imagination, as barren Clouds and kindled Vapours hang unmov'd, or float in the Atmosphere.

And if it be true, as Cardinal Bessarion and other eminent Platonical Philosophers affirm, that Aristotle borrowed all his Scheme of natural

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tural Science from Plato, which must be the Opinion likewise of those learned Men, that have attempted to reconcile the Academick and Peripatetick Hypothesis, and shew the Agreement of their Doctrines, then if Aristotle's System when examined easily gives Way and falls to the Ground at the first Attack of Reason, that of his Master's at the same Time must likewise meet with the same Fate.

Now that the Stagirite's Scheme is weak and incoherent, being purely arbitrary and fantastick, and therefore unable to endure an impartial Test, will soon appear to any capable and disinterested Judge. For to pass over his Principle, that he calls Privation, his substantial Forms of inanimate Bodies, his occult Qualities and other Absurdities, I will only mention his Account of the Principle of Motion, the Knowledge of which

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*which is absolutely necessary to the settling of a right Hypothesis on this Subject. His Assertion is, That the supream God sits above the Spheres unmoveable, oscitant, and unconcerned with any Thing without himself, in a State of Contemplation and consummate Felicity: This supream God, he says, occasions, but not designs all the Motion in the Universe, tho' he does not mind or attend to any Thing of the Business, or exert any motive Power or Energy for producing the Effect: How then? Why Aristotle manages the Affair in this Manner; He makes inferiour Divinities, which he calls Intelligences, animate all the Spheres beneath the supream God; and these inferiour Deities, who likewise are eternal, by fixing their Eyes and gazing earnestly upon their first unmoveable Being, and stedfastly contemplating his great Perfections and Felicity are inflamed with Love
and*

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and seized with such strong Raptures of Admiration, as oblige them to turn themselves round, together with their harmonious Spheres with great Order and Celerity; which Rotation at last propagated to the lowest Sphere occasions the Motions of the Elements beneath it, to which all compound Bodies owe their Production: And all this wonderful Work is performed without the least Wisdom, Design, or Counsel of these Intelligences; for Aristotle did not want the Assistance of any prudent Director or skillfull Architect to help him raise the World and furnish it with such an admirable Variety of Creatures, or to give it such Order, Beauty, and Distinction of Parts. Now besides the Impiety of this Supposition, it is so senseless, puerile, and ridiculous, that the very Recital is sufficient to expose and sink it.

And

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And therefore contenting myself with the bare Narration I have made, I shall imitate Lucian, who believed it was abundantly enough to make the absurd, immoral, and profane Theology of the Pagans appear despicable and odious, only by relating the vitious and ungodly Practices, the Whoredoms, Incests, Rapes, Thefts, Drunkenness, Quarrels, and Revenge of the Gods they worshipp'd, which were Qualities entirely inconsistent with the Purity and Perfections of divine Beings, and destructive of the Idea of a God: But if the Reader is desirous to see Aristotle's Philosophy fully display'd and confuted, I refer him to the Fifth Book of my Poem entituled Creation.

But if any Man should trifle away his Hours in reading all the Works of those renowned Philosophers, I mean such as contain their natural Philosophy, and all the voluminous Commen-
taries

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aries writ upon them, with the numerous Authors that have attempted to reconcile them and make their Opinions agree, he must excuse me, if after all I cannot compliment him with the Name of a learned Man, or at least allow that he has acquir'd any Learning profitable and useful to Mankind; he must rather bear with me, if I tell him he has been an extravagant Prodigal of his Time and Labour.

For those as well as other Greek Philosophers were chiefly or only great Masters of a Set of empty Notions and Speculations, which they call'd Learning, made up of obscure, confused, and inconsistent Ideas, and metaphysical Dreams about Principles and Ends and natural Causes and Effects, and versed for the most Part in the subtle Snares of the juggling Sophist, Plays of Imagination, and the nugatory Productions of Reason misemploy'd;
3 *while*

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while some were warmly engaged in running after curious Illusions, unbarbous Chimera's, or chasing the Hircocervus, and some old hoary headed Boys were playing at metaphysical Marbles and very busy at push-pin Disputation; but all were so much in earnest and strove so hard to establish their imaginary Schemes, that Greece was at length miserably rent and divided, and their Colleges of Learning became the Theatres of scholastick Wrestlers and Gladiators of the Gown, which with ambitious Fury and party Ardour were always at Daggers drawn in some dark and impertinent Controversy, each contending in this Variety and Confusion of Doctrines, which Error should be most applauded and triumph over all the rest, while the People enjoy'd their ancient Liberty of Chusing what Master should deceive them. Nor can it be deny'd that the philosophical Theories

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Theories of Democritus and Epicurus are yet more whimsical and absurd. 'Tis certain then that the greatest Part of the Lucubrations of the Ancients either physical or metaphysical are false or despicable, inept and un-instructive, vain Philosophy, and Science falsely so called, as the great Apostle has declared them to be. And their Volumes for the most Part, like the Library of the Knight of la Mancha, were such a wise and impartial Judge as Cervantes Savedra to sit upon them, would be soon condemned, thrown out of the Window, and committed to the Flames, not only as great Destroyers of Rest and Wasters of Time, but likewise as Corrupters of good Taste and sometimes of good Manners.

*The Censure I have past upon the
Sorts of Learning before mentioned,
may likewise be extended to a great
Part of philological Knowledge, which
b conduces*

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conduces nothing to the Service and Happiness of Mankind.

And such likewise in a great Measure are the Volumes of the Christian Schoolmen, who, admirably skilful in darkening Notions plain and obvious before, and in splitting and mincing Ideas by an endless Train of subtile, impertinent, and often unintelligible Distinctions, over-spread the Colleges of Learning with Dust, Cobwebs and Theological Fila Virginis, thin and light Threads, the Production of Night and Darkness, while they were diligently employ'd in weaving Sophistical Nets, spinning out Logical Subtilties, and buisy in Philosophical Knotting, of less Value than that which sometimes is the Amusement of our Ladies.

It is likewise evident that much Learning of the Criticks, who above others have assumed the Name of great Scholars, and deserve it when their Reading and good Judgment are
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employ'd to any useful Purposes, is empty and unprofitable, especially when exercised too minutely upon the Greek and Claffick Authors: For it does not at all concern the Good of Mankind, whether in such a Writer the Man's Name was Gaius or Caius; whether a Sentence should admit a Comma in this or that Place; which is the true Reading of such a Clause, or what the meaning of this or that obscure Passage; for whether the one or the other be right, it makes no Difference in the publick or private Affairs of Life, Families might live in a comfortable State, civil Societies flourish, and the World would enjoy all things conducive to Peace and Happiness, notwithstanding those little Disputes should remain undecided till Doom's-day. Nor can I see that the Learning that is gain'd by reading ancient Fables, Milesian-like Tales, Novels, feign'd Romantick Stories, which are

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so pleasantly and deservedly exposed by the ingenious Author of Don Quixote, nor that acquired by reading Dramatick Writings compos'd for the Stage, the greatest Part of which rather enervate the Mind, corrupt the Taste, and vitiate the Manners, than improve our intellectual Faculties by any valuable or useful Knowledge; tho' the Masters of this Learning are esteemed fine Spirits, elegant Writers, and Masters of polite Literature.

Nor can the extensive Mechanical Knowledge of Books and their various Editions, Libraries, Manuscripts and Authors of every sort and the Subjects on which they wrote, that is call'd Historia Literaria, be justly esteem'd a Species of Learning; for if it might, Messieurs Millington and Ballard, and other skilful Men, that sell Learning at Auctions, as well as accomplish'd Booksellers, should

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of

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of Right be admitted into the Rank of learned Men.

Neither can this Denomination be confer'd upon any that have read and diligently studied many ancient Authors in any Art or Science, in whom however, after all their Care and Application, they can find nothing either to improve their Understanding, or accomplish them with any beneficial or useful Endowments.

And this leads me to my main Design, that is, to observe, that since the ancient Authors of Physick can neither inform the Reader in the Nature of Diseases, nor the Method of their Cure, or at least are far inferior to modern Physicians in each of those Respects, as I shall afterwards evidently demonstrate, they cannot possibly afford their Readers any true Learning or valuable Instruction.

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By the great Honours the first Professors of the Art received, even that of being worshipped as Demi-Gods, one would have thought they had been wonderful Men and most accomplish'd Physicians, when however upon Enquiry you will perhaps find that the divine old Man Æsculapius was only vers'd in healing by manual Operation, and giving a purging Medicine, and that his two Sons Machaon and Podalirius were no more than two celebrated Practicers of the same Art in the Grecian Army before the Walls of Troy, of whom one perhaps might be Serjeant Surgeon to Agamemnon, and the other to Menelaus. And after the Knowledge and Practice of Physick was introduced into Greece, Celsus tells us that of Surgery was complicated with it: Nor were the Sister Arts separated till after a Series of many Years, when they were divorced and became distinct Professions;

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sions: And then Medicine standing on its own Legs made but an indifferent Figure; and while many other Sciences and liberal Arts were much improved and advanced, Physick only continued for many Ages in an unprogressive State, and in respect of its Infirmities and low Stature was no more than a feeble old Infant. For it was the Fate of Physick to be check'd and stinted in its Growth soon after its Birth, and to continue in a Miskapen and Dwarfish Figure thro' many succeeding Centuries: And hence it is unreasonable to expect that any Man, by searching the dry and jejune Writings of the ancient Physicians, founded upon inept and arbitrary Notions of natural Philosophy, should acquire any great Light into the Principles and Properties of Diseases. And it ought to be observed that Hippocrates himself, thinking it a difficult and sometimes an insuperable Task to ac-

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count for the Springs of some Distempers, declines the Attempt and flies to supernatural Causes: And as the Epick Poet, when reduced to a great Strait, employs his Machines, and as the common People, when incapable of penetrating the Reasons of their Bodily Sufferings, are exceeding prone to charge them on the Influence and Operation of superiour invisible Powers, believing, as their Phrase is, that they are under an evil Tongue, or afflicted by some mischievous Eye, impute their Maladies to Necromancy and Witchcraft, when they are inclined to use Spells and Charms and antimagical Remedies for their Cure, so the Prince of Physicians, to solve or rather avoid the Difficulties he met with in explaining the Principles and Origin of Diseases, often cuts the Matter short, and employs his Θεῖον τι, or Divinum Quid, that is, the Energy of some supernatural

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tural unseen Agent to help him out in hard Cases. This however is not to reason like a Philosopher, but is altogether as mysterious and unintelligible as the Stagirite's substantial Forms and occult Qualities. And this leads me to the following Remark.

That since from the false Principles of the Greek Philosopher, which the ancient Physicians after Hippocrates embraced, they must of Necessity draw wrong Conclusions, and could not argue right about the Nature of Diseases, they must be allowed to be ignorant of the Causes of Distempers, and such as Celsus affirms, must be incapable of applying proper Remedies for the Cure : And to shew that they were so incapable, let it be observed, that none or very few Compositions or Recipe's of Hippocrates or any of his Successors for several Ages, (for as to Mithridate, it was not the Invention of the Greeks
but

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but of Mithridates King of Pontus, from whom it derives its Name) are now in Use among our Practicers as far as I can learn : And this I think evidently appears by the Conduct of the eminent Physicians of the College in London, who in their reformed Dispensatory lately publish'd have not inserted any, or if any, exceeding few compounded Remedies either of Hippocrates or the other ancient Greek or Arabian Physicians, at least they have not added their Names to any. If then those Writers neither understood the Nature of Diseases nor have set down any Medicines fit to be employed for their Cure, what Advantage can our present Practicers reap from their Writings ? Can they be of any farther Service, than to inform their Readers with the historical Knowledge of the ancient Professors of the Art ; of the Age they lived in ; who were their Successors ; what
Volumes

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Volumes they wrote, and what Remedies they prescribed, which will only accomplish the Student that peruses them to make a decent Figure in Conversation, and encourage him to put on the Airs of a learned Man, among those who look upon Learning to consist in much Reading, reciting old Stories, and collecting a vast Quantity of promiscuous Citations fit to enable a laborious Student to write an Historia Literaria for the Service of such judicious Scholars as know how to use it: For it must be granted there have often appeared in the World, to our great Surprise, profound Scholars, that is, Men of great Reading and full of Languages, who however for want of Judgment and Genius to shine through and animate their crude and undigested Heap of Collections and Observations, have been so far from becoming eminent and useful, that all their Learning scarcely
raised

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raised them above Contempt : The World being apprized that the Gathering of such insipid and jejune Matters, that have no Tendency to make a good Physician, is but an empty and idle sort of Learning.

Affiduous digging in the Works of the eldest Physicians, is like delving for Silver in the Mines of Cornwall, which will not recompence the Labour and Expence. 'Tis true that Virgil, being asked what induced him to read Ennius, reply'd, That he was picking up Jewels in the Dunghil of that ancient Poet : But I am of Opinion that those who shall sweat in searching the Volumes of Hippocrates and his Successors for many Ages will find few shining Things to reward their Diligence. I acknowledge that celebrated Author was with just Regard to his Merit applauded and honoured with the Title of Prince of Physicians ; but this must be limited
to

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to the Age in which he flourish'd, for in an Island of blind Men a One-ey'd Man is a Prince. The Art of Healing and Curing Diseases in the Times of that industrious Practicer was, as before intimated, only a tender unfashion'd Embryo, that began to stretch out and unfold its huddled and entangled Parts, and after its Birth, like other Productions in their infant State, though well favoured and of a hopeful and promising Aspect it was however weak and imperfect, and tho' destin'd at length when it should become adult to destroy Plagues and monstrous Diseases that infest Mankind, yet for a long Time it resembled Hercules in his Cradle, who then, tho' of huge Limbs and surprizing Growth for his Age, was however feeble and impotent and wholly unable to weild the Club.

This

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This was the State of the healing Art in the Days of the fam'd Aesculapius and Hippocrates, who tho' dignified with the Title of half Gods can scarcely be acknowledged half Physicians ; and it may be justly asked how their Successors employ'd their Time, that for the Space of above two Thousand Years they scarcely moved a Step in carrying on their unfinished Art to greater Degrees of Maturity and Perfection, as if they despaired of their Ability to promote and advance it ; and confessed themselves incapable of doing more than admire the first Inventors of Medicine, translate their Greek Text and write Commentaries on their Works. This is a surprizing, but a just Reproach upon the numerous Issue of the primitive Fathers of Physick 'till the two last Centuries, when a free and inquisitive Genius began to appear and attempt the Resurrection of Learning;

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ing; and then this, as well as other liberal Arts and Sciences, broke thro' the Eclipse, under which the Nations of Europe had lain so long benighted: And therefore no considerable Benefit or Improvement can be acquired by the Study of the Authors that lived in the foregoing Centuries, at least not so much as will recompence the Student's Industry and the Expence of his precious Hours.

If it be said, that notwithstanding the great Hippocrates (great in the Age wherein he lived) tho' not acquainted with the Circulation of the Blood, nor the Use of the Pulse, and not capable of instructing the Reader in the Causes of Diseases, nor of communicating any valuable Remedies for their Cure, for which Reason his Prescriptions, as said before, are now totally neglected and laid aside, may however be very useful to the Reader in his accurate historical Account of
the

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the Rise and Progress of Distempers and the Symptoms that accompany them in every State, which is very conspicuous in his celebrated Book of Fevers. As to that Book and only that I reply, that such a History as he has given of that Disease is not a Work peculiar to a Physician, and is no more than any Man of Sense, that can write and read, tho' entirely unacquainted with the Knowledge of Physick, or any other liberal Art may perform. An eminent Citizen of London, my Patient, lying ill of a Fever, order'd those of his Servants that could write to sit near his Bed in their Turn, and minute down every Thing that happen'd to him in my Absence, even to the minutest Circumstances: This Narrative or List of Observations was deliver'd to me at my next Visit for my Perusal, that I might be perfectly informed how the Patient had pass'd his Time, and
what

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what Incidents occurred since I had seen him last. Suppose then, that other Patients had follow'd his Example, and that all their Diaries were published together, would such Journals deserve the Name of a Book of Physick, or entitle the Writers to an honourable Rank among the greatest Masters of the healing Art? It is plain then that Hippocrates might have penn'd such a History as that he has given of Fevers, for which he is much applauded, had he been no Physician at all, and nothing more than a Merchant's Book-keeper. For Hippocrates gives no Account of the Causes, nor of the Means of Cure in that Distemper, by which he might be distinguished as a Physician. The Student therefore, after he has turn'd over all the Volumes of the Ancients, when he comes to practise, will find that they will little avail him, as to the Knowledge of the Causes of Distempers

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I The Preface

stempers or the Means of their Cure. But tho' I cannot rank such Gentlemen that are well vers'd in the Writings of the eldest Physicians, either of Greece or Arabia, on the Account of that Accomplishment in any superior Class of learned Men, yet not to derogate from their true Merit, they may perhaps be entituled in some inferior Degree to that Denomination, tho' they are not to be compared with the Professors of any Art or Science that is useful and beneficial to the World. Nor shall I ever honour and reverence any Kind of Knowledge, tho' dignified with the Title of Learning and Erudition, which does not enable the Professors of it to do any Good to Mankind: I will not, I say, affirm that a deep Knowledge of the Works of the eldest Physicians is entirely fruitless and insignificant, but I allow some Advantage, though in a low Degree, may be reaped by it ;

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it ; and therefore the Masters of it may be reckon'd Scholars, and admitted into the lowest Distinction of learned Men, and this with greater Reason and Propriety of Speech, than when a Sexton's Widow complaining of the little Regard paid to Churchmen, cry'd out, We of the Clergy were never so much slighted as now : For those Gentlemen have certainly a nearer Relation to Men of Science and Erudition than a Sexton's Relict has to the Clergy.

The late Dr. Radcliff, who was many Years in the full Possession of Fame, and perhaps as much esteem'd and rely'd on as any Physician this Island has produced, said to me in Conversation, that it was not the reading of Books, but native Judgment, good Sense, and Experience that made a Physician ; and it is well known what Contempt he express'd of all the ancient, and likewise of the generality

of modern Writers: And I am thus far of his Opinion, that I believe the eldest Authors for many Ages are altogether unnecessary, or at least little serviceable, and likewise that a less Portion than an exact and perfect Knowledge of Botany, Chymistry, and Anatomy will be sufficient to make a worthy Physician, as I have suggested in another Writing: And this I mention to give the Student in this Art a Caution, that he should not waste his Time in seeking after unprofitable Attainments, tho' honour'd with the Name of Learning. In the mean time however it will be his Duty and Interest to furnish his Mind by Reading and Contemplation with all the Endowments, that conduce to his judicious and successful Practice.

After all it must be acknowledged that the best Learning alone is insufficient to make an accomplish'd Practiser. For to this Art, besides Indu-

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stry and good Education, a great deal is required on Nature's Part, that is an inbred Judgment, Sagacity and a peculiar Disposition for it; for a Man in a good Measure is born a Physician as well as a Poet. A Professor of this Art may be eminent for elegant Writing and polite Literature, he may excel in Eloquence, Poetry, History and Mathematicks, or be well skill'd in Botany, Chymistry and Anatomy, all which are very laudable Endowments, yet for want of a native Genius turn'd for Medicine, he may prove but an awkward and injudicious Doctor, of which I have known several Instances in Persons, who, tho' they possess'd great Parts and Capacities receptive of other Kinds of Knowledge, seem'd to have an Antigenius to that of their own Profession.

And if Gentlemen, that are happy in great Gifts and intellectual Abilities for other Studies, are unable, from

a peculiar Indisposition of Mind, to attain any considerable Degree of Skill in curing Diseases, then those, who are destitute of such Accomplishments, and are by Nature of a slow and heavy Complexion, are yet far less prepar'd for the Acquisition of sufficient Knowledge in this Faculty.

For it must be granted that since the Art of Physick is very imperfect, and since Certainties are so very few, and the Causes of Distempers, for the greatest Part, lye hidden and unknown, the Business of a Physician is often much in the Dark, and that too in intricate and winding Recesses, where every Step he makes is accompanied with Danger to the Patient by the Doctor's Error, who therefore must be able to trace Nature through her secret Retreats and narrow and obscure Walks, before he will acquire any considerable Abilities in his Profession: Now a Man of a phlegmatick

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matick and spiritless Temperament, a cloudy Imagination and a slow way of thinking, will be easily puzzled and confounded, even in ordinary Cases, and be ever apt to blunder and mistake, being always in a Fright or always in a Wood: Such an unhappy Practiser, tho' assisted with ever so much ancient and modern Learning, will do but little Good, if he does no Hurt; and he that gropes for his Way at Noon-Day, and stumbles on plain and even Ground, is not likely to disengage and unravel the knotty Cases, that he will often be call'd to in his Practice: But on the contrary, he will be unable to strike out his Way, and, for want of sufficient Light to guide him, will run into a Variety of Errors, hesitate in Confusion, or be brought to a full stand.

Hence it is clear that the Accomplishments of Learning and a liberal Edu-

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Education are not of themselves enough to finish a Physician: For great Reading and immense Heaps of Collections from a Multitude of Authors are of a disproportionate and unequal Weight to the Abilities of a weak Man, and, like a Gyant's Armour put upon a Stripling, will rather crush and oppress, than improve and confirm his feeble Faculties. In vain then the Student that is destitute of Judgment, good Sense, and native Sagacity, hopes to supply that essential Defect, by incumbring himself with the heavy Learning of ancient Writers.

*There is requir'd then in an able Physician sufficient Acuteness and Penetration to make him a happy Conjecturer in dark and difficult Diseases, for in such Cases the best Guesser is the best Doctor; and without this Capacity it is often more advisable for the Practiser to stand still, or prescribe
some*

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some harmless Thing, that looks like Physick, than to discharge from the Mortar a Pill or Bolus at a venture, that may kill the Patient, instead of destroying his Disease. Since this, I say, is the Case, it is incumbent on Parents, or those that take Care of the Education of Youth, that they do not determine any of them to the Study of Physick, that by a mean and low Capacity are disqualified for it, least they should in some Measure be guilty of the Doctor's killing of himself, or his Relations and Neighbours, for this is likely to be the sad Event, if unfurnish'd by Nature and unprovided by Art, he undertakes the difficult and hazardous Task of prescribing Physick.

In the following Discourse on the Gout, I have not mention'd the Division of it into Podagra, Cheiragra and Sciatica, for these are not three distinct Species into which that Disease

is

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is distributed, but so many different Denominations given it from the different Parts, which by turns it chiefly affects, that is, the Feet, the Hands and the Hip, and upon as good Reason it might have been multiply'd and extended to other Parts, where the Gouty Pains are often felt; and so we might have heard of the Gout of the Knees, Elbows, Head, Stomach and Intestines, since those various Organs of the Body are often afflicted with the severe Symptoms of this Distemper: And in like manner a Fever might be divided into a Fever of the Limbs, Head, Chest, Heart and Lungs, all which it sometimes invades in its Fury; and I chose the rather to pass over these three pretended Kinds, the Gout of the Feet, Hands, and Hip on this Account, that there is little Difference in the Method of their Cure.

I should

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I should, I acknowledge, have taken Notice where I ennumerated the means of removing the Gout, that a Fright and Terror upon the sudden Apprehension of some great impending Danger, as that of drowning, falling down a high Precipice, or the real or imagined sight of some dreadful Object, or the sudden approach of some great Calamity, as for Instance, a Fit of the Stone, has often removed, or suspended the Pains of the Gout; which shews how much this Distemper, as well as others, depends upon the perverted State of the Spirits or nervous Juices: Nor is it less natural or reasonable, that such a surprizing Dread or Horrour should suspend Diseases, when 'tis evident they frequently introduce them. How often have Convulsions, Hysterick Fits, Jaundice, &c. been produced by great Frights? And how often has the Small
Pox

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Pox been occasion'd by the sole Power of Imagination?

Having but a mean Opinion of the Remedy by the Touch of our Kings and Queens for removing or easing of the King's Evil, I have made no mention of it in the following Discourse on that Subject. It is a Mark of great Wisdom in King William of glorious Memory and his present Majesty, that, conscious of the Vanity of this Power of healing the Evil pretended to be annex'd to the Crown, they never regarded or practis'd that superstitious and insignificant Ceremony. This healing Virtue it seems belongs to the Potentates of England and France, for these only make any Claim to it: But if it is their Prerogative, as Monarchs, how comes it to pass that no other Monarchs in the World can boast of it? If it be said that this is a Jewel in the Crowns of England and France,
as

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as they are Christian Kings, tell us why other Christian Sovereign Princes are not entituled to so great a Privilege? Nor is this healing Virtue affix'd to the Kings, either as Popish or Protestant. If it be alledg'd that these two Crowns being distinguish'd and favour'd by Heaven for some extraordinary Merit above other Princes, had the peculiar Honour conferr'd upon them by Heaven, as a bright Reward of their glorious Actions done for the Service of the Christian Cause? Shew us their authentick Grant, and let us see what it contains? And whether it were given at the Suit and Petition of those Kings or sent to them from Heaven, as a spontaneous Gift and undesired? If the first, who was the Sovereign Prince that first sued out and obtain'd this Patent? Among what Archives is it lodg'd, or who can shew a genuine Copy of such an Instrument
of

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of Conveyance? If the last, we would be glad to know to what Prince this Deed of Gift was first sent; whether it was convey'd only by Word of Mouth by the Ministry of some Angel or Prophet. If so, what Proof, what Evidence will make it appear true? But if it was communicated in some Roll or written Instrument, we ask where now it is to be found, whether among the Records in the Tower or in what other secret Repository.

This pretended Power of Healing by the Touch is evidently supernatural and not the Effect of ordinary and natural Remedies, such as are employ'd by Physicians and Surgeons in the Cure of Diseases: Nor is it however a Power of working Miracles, such as the Apostles and primitive Christians were endow'd withal; for as it is not exerted to gain or confirm the Belief of any new Scheme of

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of Religion, so when exerted, it often fails of its Effect, great Numbers having been touch'd, that reap'd no Advantage by it. Nor is the Prince, who performs the Wonder, conscious of such a healing Virtue, nor that he is inspired, as the Apostles, in that very instant to work a miraculous Cure. For he performs this Wonder at all Times alike, and upon as many as come for Relief. Nor can I see whence the healing Virtue is imparted to the Gold hung about the Neck. The Monarch is not appriz'd that he gave it; from what Fountain then did that metal derive its Force? Gold we know is a wonder-working Metal, and performs astonishing Things; but then it acts in a natural Way upon the Passions of Men: But how it came to be endowed with the Power of healing the Evil, is indeed a profound Mystery; and that it has in this Case such a Virtue is allow'd,
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for

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for if it has not, it might be spared as an impertinent Ceremony; but besides it is affirmed, that without the Gold the Cure will not follow, and if the Patient loses it, the Disease, if before removed, will return.

I have no Opportunity of Tracing the Rise and Origine of this royal Prerogative, affirmed to be inherent in the two Crowns, this of England and that of France: It is however highly probable, that the Popish Priests having found their Account in feigned Miracles and lying Wonders, which they imposed upon the People, and by it gained great Esteem and Veneration to their own Persons, and great Credit and Reputation to the Shrines and Reliques of their Saints, as well as to their new invented Doctrines and superstitious Practices, might attempt to make some credulous Kings think they had such a healing Power in this Disease,
while

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while they prepared the ignorant and unthoughtful People to believe it: And no doubt when those Princes were first persuaded to try their Power of Healing, the crafty Priests with their Partisans and Instruments, like Setters and Retainers employ'd by Mountebanks and pretended Doctors, prepared all Things for the Success of their Scheme, and having taken due Care to spread abroad the first pretended Wonders wrought by their King, the Belief of the Imposture might be soon propagated far and wide, as we see the Fame of pretended Cures by Shrines, Reliques, and powerful Trinkets was easily usher'd in among the Vulgar by those crafty Jugglers fruitful in Invention of pious Frauds, legendary Wonders, and religious Knight-Errantry; for they always found artful Means to persuade the People to receive their grossest Impostures, and among the
d rest

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rest, this concerning the Power of the Kings of the two Nations mentioned to heal the strumous Evil: And the End they had in View might not only be to flatter the Prince by endowing him with a supernatural wonder-working Virtue, but that by thus ingratiating and insinuating themselves into his Favour, they might confirm him in their superstitious Religion, and by attaching him to their Party, they might become Directors of his Conscience, and engage him to employ his Treasure and civil Power to enrich and advance the worldly and ambitious Sons of a degenerate Church.

But after all, it may perhaps by some be objected that there is no artificial Argument of any Force against Matter of Fact. You see, they may say, that upon the Royal Touch the Cure is effected, and this is so notorious, that it cannot be disbelieved

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believed or contradicted. To which I reply, that in many Instances it fails, and many of those who are said to be heal'd enter upon a Course of Physick to assist the Touch and make it effectual; and both these Observations prove that it is not a divine communicated Power that is the Cause of removing the Distemper; for that, when exerted, always produces the Effect, nor does it want the Help of Medicines for a long Time to compleat the Cure. And 'tis observable when the Title of our Kings and Queens in Possession have been disputed, the Pretenders to the Crown have healed by the Touch those of their Friends that apply'd to them. But had this been a divine Gift conferr'd on the rightful Monarch, could two or three at a Time, or as many as had a Party, that believed either of them to be the true Prince, have been heal'd of their Evil?

And

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And therefore to solve the Difficulty we must have Recourse to the wonderful Power of Imagination, which may be endow'd with as much Force to cure Diseases as it has to produce them.

There can be no Cause assigned of Curing the King's Evil by a Touch, but either a miraculous or divine Virtue, or the Strength and Power of Imagination, unless we admit the Agency of invisible intellectual Powers, who sometimes are allowed to produce wonderful Effects.



T H E



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ERRATA.

PAge 13 Line 14 for *ready*, *lock'd* read *ready cock'd*;
 pag. 30 the last line, for *plainer* read *pain* or ;
 p. 35 the last l. read *or* for *and*, and after *Fits* add, *the*
Head ; p. 36 l. 8, for *cold* read *the*, for *augment* read
augmented ; p. 37 l. 7. for *Delvee* read *Delver* ; p. 58 the
 last l. for *remains* read *remaining*, and *dele* the *Apostrophe*
 and *it* ; p. 126 l. 11, for *This* at the Beginning *The* ;
 p. 135 l. 22, add *the* between *is* and *white* ; p. 138.
 l. 9, for *Clives* read *Clues*.



O F
The G O U T.

*An Introductory Discourse upon the
several Digestions perform'd in the
Body, for the more easy and clearer
understanding of some Notions ad-
vanced in the following Treatise,
principally concerning the Forma-
tion of the GOUT, but illustrating
likewise the Production of other
DISEASES.*



SINCE all acquired Distempers,
to which Mankind are obnoxious,
arise from the Errors and
Defects of the digestive Powers
of the Body, it will be very proper to ex-
plain that Term, that the intelligent Reader,

B

not

not initiated in the Mysteries of Physick, and unacquainted with the Words peculiar to the Art, may notwithstanding receive a full and clear Idea of its meaning. The Word then to *Digest*, signifies either to regulate, range or methodize; and in this Sense *Salvius Julianus*, who first disposed and reduced to Order the Books of the Civil Law, gave them the Name of *Digests*: Or else to dissolve, and separate; and in this Signification it is taken, when we speak of the digestive Powers or Faculties of Concoction, which are synonymous Words, and express the same Function in the Animal Economy. When this Term is applied to the Stomach, we are to understand the Virtue or Force lodged in that important Organ, to melt and minutely divide the various ingested Meats and Drinks of different and often opposite Qualities, and, by working them together, to reduce all into one smooth, soft and uniform Mass, which is called *Chyle*. This is the first State and Preparation of the nutritive Juices, designed for the Augmentation or Reparation of the Body.

The Stomach then is qualified, by its concoctive Faculty, to loosen the Embraces and untie the Cohesions of fatty Foods admitted into the Stomach, to soften and unbind the harder and knotty Parts, to
 1 smooth

Of the GOUT. 3

smooth and file off the Edges and pungent Points of the austere and acid Contents, and to labour and form all to a Mixture fit for Nature's Service. This is evidently the Office it performs; but whether it executes this Province by the Ministration of a peculiar Ferment residing in its Cavity, formed of the Residue or Leavings of the concocted Meats, or from the acid Juices excluded into the Stomach from its own Glands, or from both united in one common muriatick Pickle or Brine; or whether this Dissolvent, employed by the Ventricle in Digestion, be the native Heat and Activity of the Spirits, which reside in abundance in that Bowel, it is not easy to determine. It is certain however that Heat exceedingly contributes to all Digestion, as we see in the Laboratory of the Chymist. It is likewise past doubt by Experience, that the Animal Spirits inhabiting the nervous Coats of the Stomach are greatly interested in this Affair.

And when the active Principles of Concoction, lodged in the Stomach, have opened and melted the more compact, tough and gritty Parts of the Food, disengaged the close and coagulated, divided the fatty, and worn away the Asperities and acrimonious Inequalities of other Con-

tents, the opposite and contrasting Qualities of all the various sorts of Meats being thus subdued, the whole now mingled and wrought up into one Mass fitted for the Ends of Nourishment, by the propulsive Energy of the nervous Fibres is thrust forth from the left Mouth of the Stomach, and enters into the first Roads leading thence; where meeting with the Bile or Choler descending from the Gall-Bladder and the Juices excluded from the Pancreas and Glands of the Intestines, it is further diluted and exalted, and by that means qualified to insinuate it self thro' the minute Meshes and Inlets of the Lacteal Veins, whence they flow into the common Receptacles of the Aquæducts or Lymphatic Conveyances, and being there yet more tempered and attenuated, it advances thro' its way, till its Streams are empty'd at the Mouth or Outlet of their Channel, and by the Vein in the inferiour Part of the left Arm disembogue into the ample Current of the Blood. And here ends the first Stage of Digestion, or Preparation of Meats and Drinks, for the Nourishment of the whole.

While this Rivulet of nutritious Juice, admitted into the Blood and mingled with it, is carried round in its Current with great Swiftneſs thro' the veiny and arterial Tubes,
it

it acquires a purer and more refined Temperament, and is raised to a higher Station in the Animal Government; for, by the admirable Chymistry of Nature, while it is circulated with frequent Courses, what by the Velocity of the Motion, and what by their vehement Collisions and constant Attrition, the Parts beaten and rubbed one against another are so broken, separated and attenuated, that they not only lose their Asperities, Toughness and viscous Nature, but by reiterated Divisions are much rarified and exalted, while the acid Juices, blunted and disarmed of their Pungency, become more active, and at length reach a fugitive and volatile State, (for such Salts alone are, by Chymical Disunion, found in Animal Fluids) the earthy, gritty or grumous Concretions are dissolved, and made fit for Mixture with the Blood, and the Fatty or Balsamick are highly rectified and sublimed.

When thus the several Parts of the nutritious Juice, of different or repugnant Qualities and Operations, are reconciled and settled in amicable Combinations, having lost their incongruous and disproportionate Sizes and Figures, by which before such Strife and Conflicts arose between them, they are at length assimilated and acquire the genuine Nature of Blood: For

Sanguification, that is, the Conversion of the nutritive Liquor into Blood, is accomplished in the circulating Vessels, the Veins and Arteries, as before described, and not in the Liver, as Physicians and Anatomists, thro' all Ages till of late, vainly imagined. When the Chyle is thus perfectly subdued, and the Mass of Blood, having by proper Strainers depurated and freed it self of those recrementitious Impurities that were not convertible into its own Mixture, it passes thro' the hollow Extremities of the Arteries; and when by those Chinks or Openings the laboured and digested Portions, proper by their Figure and Dimension to make their way thro' those Outlets, provided by Nature's wonderful Contrivance, are excluded, they are next conveyed and distributed to the several Parts of the Body, for their constant Increase and Repair: And thus the Muscles, Ligaments, Membranes and Tendons receive their different Supplies; and the fat Parts, the Cartilages and Bones, are recruited with distinct Materials, prepared and wrought to a just fitness for those Purposes. And here concludes the second Stage of Digestion.

The third begins, when, by the ministerial Function of the Brain, the most subtle and active Parts of the circulating Blood
are

are separated from it, and admitted by minute Inlets and fine Channels into the Substance of that admirable Organ, where being yet more rarified and exalted, by passing thro' the strait and intricate Traces and Meanders of that curious Substance, they are conveyed and pushed into the Mouths of the Nerves, that have their Rise there; whence, with a swift Descent, they shoot thro' the strait Roads of the hollow Fibres, and while, with astonishing Celerity in their reciprocal Motions from and to the Head, they pervade the perplexed Ambages and numberless Windings in their way thro' the Glands, Membranes and nervous Clues in the various Organs of the Body, they are yet more refined and expanded till they attain the highest Degree of Animal Perfection. This is another Circulation quite out of the Road of that of the Blood, that continually repeated with surprizing Velocity advances the nervous Juices to a yet purer State, by which means the several Parts of their Streams become more subtile, generous and active; For Instance, the oily and sulphurous Principles are so minutely divided and sub-divided, so attenuated and sublimed by the Rencounters and mutual Attrition of the constituent Ingredients, as described before, during the rapid Circulation of the

Blood, that of all sublunary Matter this seems the most pure and exalted, approaching near to the Perfection of those lucid, ethereal Vehicles, with which the Platonick Philosophers and the primitive Christian Fathers, believing that the Divine Being only was strictly and perfectly immaterial, cloathed Angelick Beings and the Souls of good Men in their State of Separation from the Body.

This fiery Matter subtiliz'd and highly rectified and incorporated with the Streams that flow thro' the Mazes of the nervous Branches dispersed over the Body, and often repeating the Stages of their circling Course with astonishing Celerity, become fit to constitute in part the fine Matter we call Animal Spirits.

I have in a former Writing mentioned the Resemblance or Analogy between Volatile Salts, highly sublimed and purified, and the Animal Spirits; and my Opinion is, that if to the oily or fiery Parts of the Blood, rarified and exalted to as high a Degree as the Œconomy of Nature can carry it, the Volatile Salts of the like subtle and refined Nature were strictly united in a due Proportion, that Combination would afford a genuine and just Idea of the Spirits we are discoursing of.

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The Sulphurous Balsamick, or fiery Parts and the Volatile Salts, are in my Judgment the only active, as the Watry and Earthy are the only passive Principles that constitute the Mass of Blood. These intimately mixed and blended, are, by a constant and rapid Circulation, rarified and elevated to that Degree of Fineness and Purity that is aimed at and acquired in the second Digestion. This being finished, the third, as I have before explained, begins with the Admission of the most subtile and refined Particles of the Blood into the Brain, there to be farther digested and advanced to a higher State of Activity for the Service of the sensitive and motive Faculties. And since the narrow and minute Pores or Inlets of the Brain keep back the grosser, and only admit the most pure refined and rarified Parts, it is evident that none but the Volatile Salts and the exalted oily or sulphurous Bodies can find Entrance and Reception there; and therefore to the Combination of these two Principles, in a due Proportion more elevated and expanded in the Brain, the Animal Spirits, that flow thro' the System of the Nerves, owe their Being or Constitution.

These subtile Spirits have an Affinity to Light in respect of their wonderful Tenuity, the Cohesion of their Parts in a fluid

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Consistency, and their swift Reflection, occasioned by unpassable and repercussive Bodies, that obstruct and check their Flights, as the distill'd Spirits of Hartshorn, human Bones, and Blood, are nothing else but the Volatile Salts kept in a fluid State by an Adhesion of a certain Degree of Phlegm, which being evaporated, the Salts, called Spirits before, now stripp'd of their Vehicle, appear naked in their genuine Colour, Figure and Dryness, and then assume their proper Name. Supposing then such Volatile Salts, blended and strictly complicated with an inferior Proportion of the oily or fiery Principles, were dissolved in just as much Serum as would keep them apt to flow, this will exhibit the Nature and essential Properties of the Animal Spirits. But their Nature would be yet more illustrated, if it could be supposed that any fine tenacious Matter, like that by whose Intervention the Parts of Light, which are no more than refined and exalted Particles of Fire, are held together in a State of Continuity and Fluidity, adhered to, and combined with the Volatile Salt and pure Sulphur before-mentioned; for then we might more easily conceive their Subtilty, Velocity and Coherence; when like Sun-Beams they dart to and fro with inexpressible Swiftmess on all the Errands and Messages
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of Nature, at the Impulse of the Soul, the Principle of Perception, and President and Director of sensitive Operations.

These generous and active Spirits distributed thro' the numberless Paths and winding Walks of the nervous System are not only subservient to Nature as her Instruments of Sensation and Motion, but they likewise refresh, revive and recruit all the Organs of the Animal Labyrinth, and by this means contribute to the Nutrition and Vigour of the muscular, as well as membranaceous and griscly Parts; which is evident from hence, that if a Limb by inward Obstruction or outward Violence be defrauded of the Influx of the Animal Spirits, it will in a short time lose its round and plump Dimension, shrink and wither and become emaciated.

These inmate Spirits of the Brain gliding thro' their Channels into the Coats of the Stomach exceedingly assist its digestive Labour, and promote the due Formation of the Chyle; for it is known by Experience, that if the Animal Spirits, after a full Meal, are called off from attending the Service of the Stomach, and employed in the Brain by intense Study or Contemplation, we are apt to feel a Load and Oppression from the ingested Foods, that lye a long time there crude and unconcocted, while

while the digestive Faculty wants the Assistance of the Spirits, whence it is often weakened, and sometimes destroyed.

These are the three necessary Digestions in Human, as well as Brute Animals; and it is a common saying, that the Errors committed in any one of them cannot be corrected in the others, so that what remains incongruous and unsubdued in the Chyle, will continue in that crude State after it is communicated to the Blood; nor will it ever be converted to a healthful Disposition, or undergo any advantageous Alteration, at least in a great Degree, by being mingled and circulated with the Blood; as the Defects of the Concoction formed in the Blood-Vessels will not be changed and rectified by being admitted into the Nerves and enjoying the Privilege and Benefit of the highest and most perfect Operation in the Animal Government. This Observation, in great and considerable Errors of Digestion, it is very probable is true; but in small and inconsiderable Deviations or Irregularities, I conceive it will not hold good.

The Doctrine of the Existence and Operation of Animal Spirits, as subservient to Perception, Sensation and Motion, is, as I imagine, now settled among Philosophers and Physicians. Nor is it

it possible to solve the important Phænomena in the Animal Administration merely by the Tone and Vibration of the nervous Cords. And therefore I cannot acquiesce in the Invention of the *French* Philosopher *Cartesius*, who strung, braced and tuned the Animal Machine, or Reasoning Instrument, to be played upon by outward Objects, that, like a Harp or Lute, when struck or moved vibrate by that impulsive Force, and so propagate the undulating Shake or Trepidation to the Brain, where the supream sensitive Arbiter standing ready, lock'd in the *Glandula Pinealis*, and then falling down by the Jog it receives, lets off the human Engine, and, by this Discharge of the thinking Automaton, produces as well Perception, Sensation and Passion, as the Motion of the Parts or the whole Body. Wonderful ! Are not now all the dark Mysteries and secret Operations in the sensitive Œconomy unfolded in a Minute, and made as clear as the Sun ?

To be serious, Is it possible, by this Hypothesis, the airy, unsubstantial and impotent Creature of Imagination, to illustrate and explain the various Phænomena and astonishing Powers and Transactions that occur in the Animal Government, and especially to solve the difficult Questions concerning the supream Sensorium,
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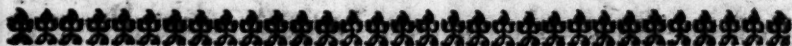
the Nature of the Principle, and judge of Perception and Sense and the elastick Springs and manner of muscular Motion?

I acknowledge that such a State or Tone of the minute nervous Cords extended thro' all the Parts of the Body, that makes them receptive of Vibration from a foreign Impulse, contributes much to accelerate the Circulation of the Blood and promote the reciprocal Flights of the Animal Spirits, as well as Muscular Motion; and this their Vibration may justly be admitted as a concurrent partial Cause in the Animal Regimen. But how will this account for the supream Principle of Perception and Sensation, or explain the Nature or Operations of the first internal Movers, that are necessarily demanded to stimulate and excite the nervous Fibres at the Command of the sensitive Soul, which must be allowed a Power of acting upon the Body independent on the Impressions of outward Objects? But to set this Subject in a full Light requires a larger Discourse than this Place admits.

The Gout, Stone and Spleen, or Hypochondriacal and Hysterick Disorders, are such common, and yet such grievous Calamities, that they exceedingly diminish the Felicity of Multitudes, who in other Respects are advanced high enough to be
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the Objects of their own Complacency and their Neighbour's Envy; by which means the Great, the Rich, and the most Easy in their Circumstances, when their Sufferings from one or more of these Distempers are discounted, are brought down to a much lower Sphere of Happiness, and lose their Distinction, being reduced to an Equality with the Husbandman, Labourer and industrious Mechanick, who, by their Temperance, the Exercise of their Limbs and the Sweat of their Brows, by which the Appetite and digestive Faculty of the Stomach are preserved, wholesome and well concocted Nourishment convey'd to the Veins, and the Blood refined and purified from degenerate Humours, are generally protected from the Outrage and Cruelty of the formidable Diseases above-mentioned. It must therefore be a great and general Benefit to Mankind, and highly becoming my Profession, to suggest any thing of Moment for the Discovery of the Nature and Cure of any of these Maladies. And as I have, in a Treatise lately published, attempted this in respect of the Spleen or Hypochondriacal Affections, so I have chosen the Gout for the Subject of this Discourse, the Nature of which I shall endeavour to explain more clearly, and to greater Satisfaction,

tisfaction, than it has in my Opinion hitherto been unfolded.



S E C T. I.

Of the Nature and distinguishing Properties of the GOUT.

THIS Distemper, or Deviation from the Rectitude, Order and Symmetry of the Fluid and solid Parts of the Body, in which a healthful Temperament consists, is a Species of the intermitting Kind of Diseases, which insults the Patient by Fits and Paroxysms; that is, after it has made a fierce Attack, and continued the Storm for a while till its Force and Fury are spent, it allows a Truce and Cessation of Pain for a considerable Interval; and then, after a Discontinuance for a Season, returns to the Assault, and produces the same grievous Effects as before.

The principal Scenes, where it acts its Tragedy, are the Membranes and Ligaments of the Joynts of the Feet, Ankles, Knees, Hands and Arms, where the Matter
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of the Disease cast out of the Blood and nervous Juices makes its Settlement, and swells, inflames and afflicts the Part with severe and acute Pain, and after a Time its Violence diminishing at length the Paroxysm quite ceases; but it rests only to gain Breath, and recruit its Strength for a new Insult.

To illustrate this, let it be considered that in an Intermitting Fever, after the Matter of it is conveyed from the Nerves into the Blood, and by a Conflict of some Hours is subdued and digested by the active Principles of that Mass, and thus fitted for a Critical Separation, it is by the Strife and Effort of Nature excluded by a copious Sweat thro' the Pores of the Skin, and the Enemy thus expelled, the Patient is left in Ease and Tranquillity being freed of all the noxious and offensive Humours, which at that time infected the Blood and excited the fevourish Disorder. But in a short Interval new Impurities are bred, and being collected in a sufficient Proportion, the Foe returns with new Forces, creates the like Tumult and Disturbance, and puts the Spirits again upon the same Labour to master and discharge them as before: As this Vicissitude of Ease and Sicknes is continued, till Nature has at length, by its own Force or by the Assistance of Art,

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gained a compleat Victory ; and the same Reasoning accounts for the Discontinuance of the Gout-Fit and a fresh Access.

It is evident from uncontrol'd Observation, that from the lowest to the highest Degree of this Disease there are three Stages. The first and mildest Access or Fit of the Gout is produced, when the Materials designed for the Nourishment of the Limbs are perverted and changed from their healthful State into a Substance of such a thick, slimy or tenacious Nature, that they stick and are arrested in their minute Channels ; and instead of being regularly deposited on the Parts they were intended to nourish, obstruct the fibrous Passages ; which Obstruction gradually encreasing, excessively distends them ; whence acute Pains proceed and continue during the Paroxysm. The degenerate Matter, that causes a recent Gout, is of milder and less noxious Quality, more easily and sooner evaporated thro' the Skin, or dislodged and expelled from its Place by the Efforts of the Spirits, or the Reaction of the membranaceous Fibres striving to recover their regular Tone by their motive Spring of Restitution. And tho' this Matter creates great Suffering while it provokes and instigates the nervous Strings, yet it is of a soft and less tenacious Consistency, and therefore the slacker Cohesion

hesion of its Parts is more easily dissolved; whence the Fits, tho' often very painful, are not however of a long Duration; nor do they return but after a considerable Interval: And the Reason of their shorter continuance may be assigned from what I have said, that is, while the Sufferer is hale and vigorous, while his Nerves and Membranes are strong and tough, while his Spirits are bright and active, and the Matter of the Disease is not very ill conditioned, receding but little from the Standard of Nature's Economy, not able however to slip thro' the fine Strainers, the Glands, that they may reach and nourish the solid Parts are sooner unharboured and removed from their new Settlements. And the Reason why at first the Gouty Paroxysms are not renewed but after a good space of time intervening, is, that when the Materials, that caused the former Fit, are spent, the Blood is depurated and for that time relieved of its oppressive Burden; and it requires several Months or Years before more Materials of the like Nature can be produced and collected to such a Degree of Plenitude, that Nature highly grieved and impatient of bearing their Weight longer, by a vigorous Effort for her Preservation expels those degenerate Parts from the Blood, and discharges them

on the Joints or their Ligaments and Membranes, where they remain to afflict the Patient 'till the Gouty Matter is wasted, and then the Fit ceases.

In its middle State the perverted and hurtful Particles, which are the Principles and Rudiments of this Distemper, have contracted worse Qualities, that is, such as deviate much more from the Rectitude of a healthful Constitution than the former, and these Seeds approach nearer to the Nature of Lime, or Chalk, and other mineral Earths and Fossils, and when they are cast off from the the Blood and deposited on the Joints they form a Paroxysm, while by lying entangled and impacted in the Passages, which they cannot pervade, they stretch and lacerate the tender Fibres, whence exquisite Pains unavoidably ensue.

In this mature and confirmed State of the Disease, the Fits or Exacerbations are more protracted, not only by reason of the greater Degeneracy and cretaceous Hardness of the Gouty Matter, which is not so easily dissolved and evaporated as the softer Coagulations and viscous Impurities, that produced the first milder Paroxysms, but likewise on this Account, that the Blood now abounds with a greater Quantity of these irregular Concretions,

ons, and therefore feeds the Distemper, when the former are spent and subdued, with more plentiful Supplies, throwing off upon the afflicted Joints new Seeds of Pain and Instruments of Torment. And now the most noxious Quality as well as greater Quantity of the peccant Matter conspire to carry on the Paroxysm to a greater Length ; but it is owing to the Growth and Increase of the peculiar Coagulated Salts and Tartarous Cohesions, which are both the Fuel and Incentive of Gouty Tortures, that the Fits return much sooner, and when they seem to have quitted the lacerated Member, and drawn off their Forces, on a sudden come back and invade the Joints with fresh Fury, repeat their former Tragedy, and harraßs the Patient with as lasting Sufferings as before : So that the Truce it makes is quickly broken, and the Patient's Life is varied by alternate Revolutions of War and Peace, and a swift Vicissitude of Pain and Pleasure.

But as when the Gout after long Possession acquires a more perfect and absolute Dominion, the peccant Concretions that form the Disease gain a more offensive Nature or Disposition, so their Numbers being greatly augmented infect all the Fluid, and overspread all the solid

Parts of the Body, and being immensely encreased in Strength exert their Fury with inexorable Cruelty: And now the Joints of the Hands and Feet, that have been long Sufferers by the Collection of Cretaceous Gouty Matters deposited there, and incapable of Transpiration, or returning to the circulating Blood by reason of their Size and Hardness, are likewise much distended, disfigured and distorted by the chalky Mineral congested and impacted in the Interstices and minute Caverns there. And here the third and last Stage of the Gout is introduced, when the Patients are either much weakened and enfeebled in their Limbs, and scarcely capable of local Motion, or else are quite crippled and grown crooked and decrepid, not with Age but Distemper, and are out of all Hopes of recovering a better State of Health.

Having thus described in general the three different Stages of this Disease, recent, confirmed, and final, it may not be improper more particularly to enumerate the Symptoms that precede, accompany, or follow the Paroxysms in each of these States of the Gout.

And I begin with the first and lowest; when the Blood is loaded with Impurities, which growing grumous, thick and slimy, and therefore unfit to glide through the
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small Canals, that lead to the Bones and Membranes that encompass them, the active Principles of the vital Mass to relieve succumbing Nature, and free her from the great Oppression, exerting all their Force disengage the noxious Gouty Particles from the Embraces of the wholesome Parts, which expelled and divorced from the Blood are deposited upon the Joints, where having made a Lodgment and being continually reinforced with new Supplies, that crowd to them, they produce a tormenting Fit of the Gout, as before explained; and while the superiour and governing Parts of the Blood are engaged in this Conflict to dislodge the degenerate Humours, they occasion a simple, though sometimes a sharp Fever, accompanied with great Head-ach, Thirst and Sickness in the Stomach, which are the same Symptoms that generally attend any Ebullition of the Blood and Agitation of the Spirits, while they labour to subdue and discharge incongruous and offensive Humours of any Sort.

This Fever is of longer or shorter Duration according to the milder or more noxious Quality of the Gouty Matter, and the Vigour and Activity of the Patient's Spirits; whence the hurtful Parts are sooner or later separated and ejected upon

the Joints : Sometimes this is effected in a Day or two ; sometimes they hang entangled in the Blood much longer, accompanied all the Time with Heat, Sickness and Thirst ; and then the Distemper is looked upon by the Patient himself and his Friends about him not as symptomatical, but a downright original Fever, 'till the Joints begin to swell and grow painful, and then they cry out with Satisfaction, the Malady is at length turned to the Gout. And now the feverish Symptoms are much diminished or quite disappear, and are succeeded by acute Pains and Tumours of the Joints ; in like manner, as when the Blood has thrown off the Matter in the milder Sort of Small-Pox, after the violent Ebullition of the Blood and the expulsive Labour of the Spirits in performing their Function, Nature recovers her former State of Peace and Tranquillity, while the violent Heat and Thirst, as well as the Pains in the Back or Limbs and Disorders of the Head, are wholly or in a great measure removed, which however return at the coming on of the second Fever of Maturation.

Dr. Sydenham, much to be esteemed for his Sagacity and Judgment in tracing the Steps of Nature, and forming a just and accurate History of Diseases, a more valuable

liable Knowledge than that of the History of Physicians and Physick, makes each Paroxysm of the Gout, such as I have described, to consist of many shorter Under-Paroxysms; which Position is founded on this Observation, that the Symptoms are more acute and raging at some Seasons than at others. But in my Opinion this Inequality is no more than the Exacerbations in a continued Fever, which often, especially at Night, grows higher, and exerts its Force with greater Fury than at other Times, while the active Principles of the Blood are digesting and preparing the Matter of the Disease for Expulsion: These Exacerbations, however, are not called so many distinct Fits or Paroxysms; for all intense Heat, Thirst and Inquietude, that make a Change or Variety in this Distemper, do not form a proper Access or Paroxysm, as some through Mistake unhappily conclude it to be, and therefore are often tempted by such a transient and slight Relaxation or Remission to prescribe the Jesuit's Bark, before the Fever is by a true Intermission prepared enough for it: In like Manner, though an Access of the Gout that continues some Weeks, is at Seasons more vigorous and sharp than in its ordinary State; this uneven Expression of its Force and Fury makes it various and irregular,

irregular, but does not constitute a distinct Fit; for if it did, then all acute Diseases might be said to consist of several proper Paroxysms, but every transient Aggravation or Improvement of Pain and Sickness during the Course of the Disease is not sufficient to authorize the Physician to call it Intermittent.

But if the irregular Gouty Particles, which infest the Juices that stream thro' the Nerves, as it often happens, are caught and detained in the Membranes that cloath and bind the Joints, there may appear little or no previous Symptoms of a Fever, while the incongruous Particles entangled in the minute Passages, and by a gradual Accession of more augmented to a Swelling, vellicate and distend the Membranes, and so produce a painful Fit. Thus we see that in Tumours of Congestion, as the Surgeon calls them, proceeding from the Contents of the Nerves, as *Steatomata*, *Strumæ*, Schirrous and Cancerous Knots, and several other anomalous, and at first unpainful Swellings are produced by slow Degrees without any antecedent feverish Conflict; for that chiefly or only happens, when the active Principles struggle and strive to subdue, separate and cast off from the Blood any Impurities that cannot be converted into Nourishment;

ment ; and therefore, when an Access of the Gout arises chiefly from the Depravity of the nervous Juices, it is not attended with any considerable Fever : But this Case is mostly incident to those that have been long and batter'd Sufferers, whose Nerves are much disabled and washed with a more degenerate Liquor. And this is illustrated by the Manner of producing a Fit of the Stone, which is seldom accompanied with a previous Heat or Ebullition of the Blood, that happens, when the hard Concretions swimming in the circulating Current are stopp'd by the Disproportion of the Fibres of the Kidneys, in the Manner that petrifying Particles turn Wood to Stone in certain Springs and Rivulets ; of which more in the following Pages.

The feverish Disorder that introduces a Fit of the Gout is a Symptom chiefly belonging to the first Class of these Patients, that have undergone few Attacks of this Disease before ; for these being hail and vigorous, their Blood rich and their Spirits active, and as yet not over-run with the Seeds of this Distemper, are very liable to feverish Exacerbations. And here it will not be improper to observe, that Men of a fair, light-brown, ruddy and sanguine Complexion, and endowed with the most generous and durable Principles of Life, are most

most obnoxious to this painful Distemper; as those, so I have observed, who generally are happy above their Neighbours in intellectual Endowments, and of a dark, severe and saturnine Aspect, are chiefly subject to the Spleen or Hypochondriacal Affections; yet I allow there are many Exceptions from this Rule: And the Reason seems to be this, that the first Sort have Chyle and Blood enriched with a very great Plenty of volatile Salts, which meeting though but a small Portion of Acid in the *Primæ Viæ*, or first Roads from the Stomach, readily coagulate, and form viscous Combinations or cretaceous Concrecencies, as well as petrifying Juices; as we see that in the Gall Bladder a small Quantity of Acid will turn the Bile, that is full of the contrary Salts, into Stones. On the other Side, some Men, tho' of a strong and lasting Constitution, and happy in a noble Stock of refined Spirits, yet by reason of the excessive Quantity of sour and austere Juices that flow in the Nerves and Lymphæducts, or glide through the Glands into the Cavities of the larger Organs, that greatly exceeds in Proportion the volatile saline Parts, are not obnoxious to such glutinous Coagulations or hard Concretions in the Blood and Humours as abound in Patients afflicted with the
Gout

Gout and Stone, in whom the refined and exalted Salts of the Alkali Kind are much more predominant; as in the Case of the Spleen, the acid Particles being more prevalent, and the contrary Volatile much inferiour in Quantity, instead of Gourty or Sandy Combinations, there results from their Cohesion a fluid Mixture, in which the sour and austere Ingredients, greatly surpassing the other in Quantity, provoke and vellicate the membranaceous and nervous Threads, and infligate and impell the animal Spirits, till they rush through their Roads in an unequal and disorderly Manner, whence arise the convulsive Motions, restless Inquietudes, and other hypocondriacal and hysterick Symptoms, which I have distinctly and at large enumerated and explained in a late Treatise on that Subject.

Sometimes a considerable Cloud or Aching of the Head, sometimes Pains in the Limbs, and sometimes Sickness in the Stomach, or Tumults and Torments in the Intestines, are the fore-running Symptoms of a Fit of the Gout; for the Materials, that produce such a Fit, may be lodged in any Part of the Body, and at length by a vigorous Effort of Nature be excluded from their Cells and deposited on the Ligaments of the Joints. They may shower
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down from the Clouds and collected Stores in the Head, or Neck or Shoulders, and be dislodged from their Haunts in the Limbs, or compelled to quit the Intestines and draw off from distant Parts their dispersed Forces to make a general Descent upon the Joints.

A great Lassitude and Dejection of Spirit, Sickness and Pain of the Stomach, and sometimes Vomiting precede the Insult of a Gouty Paroxysm, while the nervous Fibres, by the Seeds of this Distemper lodged there in a great Quantity, are vexed and lacerated, and the Spirits driven into Confusion and Disorder; and these various Sufferings that ruffle and discompose the Economy of Nature give the Alarm, and foretell a gathering Tempest of Pain ready to be discharged on the Feet, Knees or Hands.

These are the previous Symptoms, that preface an approaching Access of the Gout in its first and recent State; and tho' in some extraordinary and unfrequent Cases it happens that after the first no second Fit returns in a good Number of Years, and likewise that sometimes, tho' the Fit is revived every Year, yet the Disease does not acquire greater Force or grow more grievous neither in respect of pain or Duration,

ration, yet generally speaking it is otherwise.

When once the Disease is formed, the Paroxysm in one or a few Years is usually renewed, and while it gradually encreases it is longer protracted, for by frequent Repetitions it gets greater Power and Vigour, while Nature harrass'd and laid waste by numerous Insults and Invasions is disheartened, enfeebled and less able to resist and repel it than at first. And as the Fits from the Cause assigned grow more severe, so they return more often; for by a Course of Years so great a Quantity of the Seeds and Principles of the Gout are bred in the Juices and Organs of the Body, that the whole Mass of Blood, and all the Streams of Serum that strive thro' the Nerves, are filled with Viscous or Chalk-like Combinations, that Nature is more frequently excited for her Relief to separate the oppressive Matter and unload its Burden on the Joints, which consisting of more vitiated Particles and painful Concretions, requires, as said above, a longer space of Time to be mastered and excluded from the suffering Parts. And here begins the second or maturer State of this Disease, of which these are the attending Symptoms.

When the Gouty Humours are collected to such a Fulness, that Nature is urged for
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her Preservation to separate and drive them out, that Effort or Struggle causes an Orgasm or feverish Tumult in the Blood, as described before in the recent and milder State of this Disease; but the Fever is higher in the second Stage, tho' sometimes, as said above, when all the Hoards and Receptacles of the morbid Parts, the Head, Shoulders, Stomach, Colon and the rest of the Intestines are drained and emptied by a sudden Push, and then the scattered Troops of Gouty Particles are at once collected to attack and make a Lodgment in the Joints; and in this Case without an antecedent considerable Fever the Paroxysm is produced in like manner as if a Wrench or Strain of the Ankle or Foot should, as it often does, occasion a Fit, by soliciting and calling together to that affected Part those Seeds of the Gout, that are dispersed thro' the Body, and prepared for Separation.

Before the Fit is fully formed, the following Sufferings often happen, great Disturbance and Sickness in the Stomach with frequent Vomitings, much Disorder in the Intestines, acute Pains in the Limbs, violent Head-achs or a cloudy Oppression of the Brain, and even lethargick and apoplectick Symptoms, sometimes of two or three Days Continuance

The Gouty Paroxysm attended with these Symptoms is either perfect or imperfect : If the first, then all the impure and noxious Materials, at this Time separable from the Blood and animal Juices, being in a short Time excluded and deposited on the Joints, all the Symptoms I have enumerated or other Sufferings, excepting those of the Joints, disappear, the Matter of them being removed : But if the Fit be partial and imperfect, while Nature is defective in her Duty, and for want of due Spirit and Vigour is unable totally to fine and depurate the Blood and Humours, by expelling all the noxious Matter that should have been discharged, the Symptoms mentioned above are continued till either, by Nature alone or assisted by Art, the whole is at length discharged upon the suffering Parts : And sometimes the Fit is yet more broken and imperfect, when Nature is dispirited and too weak to throw off the Gouty Humours in any considerable Degree, but after repeated Pushes and Efforts sinks under the unequal Task ; and then not only the Symptoms above mentioned continue, but sometimes that Portion of the Matter, that deposited on the Joints began the Paroxysm, quits the outward suffering Parts, and retreats into the Blood ; and then the swelling Inflammation
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and Pain in the Joints disappear, tho' it had been more desirable the Fit should have been longer protracted ; for the noxious Materials that caused it, being retired into the Blood, are soon laid down again, either in the Brain, Stomach or Intestines, where they create violent Swimmings and Giddiness of the Head, or great Sickness and Vomiting, sometimes obstinate Cholical Pains, and sometimes a stubborn Flux or Diarrhoea, all which are ever dangerous and sometimes fatal.

In this maturer State of the Distemper the Joints of the Fingers and Feet are not only swoln and enfeebled, but they begin to be knotted, distorted and disabled by a cretaceous hard Substance adhering to the Joints ; for as the peccant Particles that constitute and feed the Gout, in a long Series of Years grow much more corrupt and deprav'd, they at length, from a thick and viscous Consistency, acquire a harder Temperament, that resembles Chalk or other mineral Earths and Fossils, as before suggested.

This Stage is very grievous, not only because the Fits are more acute and protracted, but because the Intervals of Truce and Tranquillity are so short ; for the Distemper having now gotten Head, and possessed itself of the principal Strength of the
Body

Body, it is continually harrassing the unhappy Patient, who is not long free from its Insults and tyrannical Cruelty.

But in case the Gouty Paroxysm suspends its Visits, and does not return in some Years after many and severe Attacks before, as it sometimes happens, then there is great Danger that Nature having lost its usual Faculty of excluding the vitiated Matter by successive Fits on the Joints, when that Matter comes to a Plenitude and one Way or other must be discharged, the former common Road being stopp'd, it will be cast upon some noble Part, and prove hazardous, if not destructive: For hence it often comes, that a Patient, obnoxious to the Gout and accustomed to its Paroxysms, after a Cessation of Hostilities for several Years, the next Time it assaults him, it very often unexpectedly forces its Way, and makes its Inroads upon the System of the Nerves, to the great Danger of the Patient: For in such Cases great Pain and Sickness seize the Stomach, ~~or~~ *and apoplectick Fits.* *the Head.*

*Of the Symptoms that attend the last
Stage of this Disease.*

WHEN by a long Series of Paroxysms a great Quantity of hard Concretions have from Time to Time been excluded from the Blood and cast off upon the Joints, the cretaceous Matter gradually increasing to a greater Bulk by the Accumulation of new Particles ; ~~cold~~ nervous Tumours slowly augment, by the Accession of new Parts, enlarge and extend their Settlements, 'till at length the Toes and Fingers become so distended, knotted, and swollen by their numerous unwelcome Guests, that the Joints grown unpliant and distorted are unable to move and perform their native Function. And now the depraved congested Heap is so far carried on, that the sharp and ragged Fragments by Degrees break thro' the Skin, which stretched to the utmost Thinness is no longer able to contain them : And then we may behold these sad Spectacles, Quarries of chalky Minerals, the Repositories and Hoards where the Tyrant lays up his Racks and Tortures, while it prolongs in a lingering Course the Patient's Sufferings, and manages with frugal Cru-
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elty a dying Life. From these Tumours, when opened either by Art or Nature, a great Quantity of the hard Contents are so constantly discharged, and as constantly recruited by new Supplies from the degenerate nervous Juices and the petrifying Streams of Blood, that no Delves can find a subterranean Vein of Fossils more incapable of being exhausted.

But in many Persons advanced in Years, the Gouty Matter thrown off copiously upon the Feet, Knees and Hands, have by Degrees, in so great a Measure, fretted and worn away the enclosing Membranes and Ligaments or altogether consumed them, that they have but little painful Sensation, and owe their Ease and Freedom from Torment to the Fury and Continuance of the Disease that first produced it. This Observation is so common, that it has induced some Men to say, that the Gout is an easy, or at least a tolerable Disease after thirty Years; not that it has in that long Course spent all its Force, and quite consumed all its Stores and Materials, but that it has at length destroyed the sensitive Fibres, that received their grievous Impressions. And it must be acknowledged that many of a vigorous and robust Constitution, assisted by a regular Life, have escaped upon tolerable Terms

in this last Stage of the Distemper : For in such Patients, as the Fits themselves are not so severe, the Gout having by numerous Attacks either so stretched and distended the Membranes where the cretaceous Impurities are included, that they abide in their enlarg'd Apartments without vellicating or bearing hard upon the sensitive Fibres, or else the repeated Fits, as said before, have in a great Measure, lacerated and ruined them ; so in the Intervals of the Fits they enjoy Health and Ease, and express a chearful Temper and Vivacity of Spirit : They eat, drink, and sleep well, and are hail and lively, except in their Knees, Feet and Hands : And though they are unable of themselves to walk, the Tendons of their Muscles being contracted and their Joints inflexible, yet they are capable of being born from Place to Place, and some, when carried in their Chair to the Senate House or Tribunals of Justice, discover the same Capacities, the same Eloquence and Strength of Reason, which they expressed before. For in this favourable State the Seeds of the Disease has by many perfect and antecedent Paroxysms been always at that Time fully excluded from the Blood, and emptied upon the Limbs, that notwithstanding they are great Sufferers, and utterly disabled from

from Motion by such enfeebling Guests, that stick inseparably to them, yet the other principal Parts and Organs of the Body, the Head, Stomach, Breast, &c. reap great Benefit and Advantage from it; for while by repeated, entire and finished Fits, the Mass of Blood and the Juices of the Nerves are fully fined and depurated, not only the Materials of the Gout, but the Seeds likewise of other Distempers are in a great Measure separated and carried off in their Current, by which Means every such Access preserves the other Parts of the Body from being annoyed or assaulted by the Fury of those Diseases that are peculiar to them, and are indebted for their Ease and Strength to the Pains and Weakness of their Limbs; others, however, as said before, meet not with such a favourable Treatment in this Period or Degree of the Gout.

At length all Sorts of these Patients, even they that hold out longest against the renewed Insults of the Enemy, are forced to yield: Nor is it Matter of Wonder that the soundest and most athletick Constitution, batter'd for so many Years together by such furious Attacks, so often stretched on the Rack and crying out in Agonies of Torture, afflicted sometimes with violent Sickness, sometimes with ungrateful

and nauseous Medicines, besides the ordinary Expences that impair Nature, should be at last sunk and demolished.

It is no Wonder, I say, that by Nature's constant Waste and Damages, and all these superadded Labours and Calamities, under a cruel and tyrannical Disease, after a long Train of Years, the Muscles should be emaciated and enfeebled, the Tendons slackened and dissolved, the Ligaments unbraced, and all the fine nervous Cords and animal Threads should become slack and flaccid, and by this Means lose their Tone, and with it their Spring of Vibration and Power of Self-Restitution; that many of the Glands, Nature's fine Strainers and Organs of Filtration, should either suffer too great a Contraction or too great an Enlargement of their Pores and Passages, or should be much obstructed by incongruous Matter, or grow dry or be quite closed up; that the Spirits themselves, the great Ministers of Digestion, local Motion and Sensation, should, by their long continued Toil, Vexation, and Torment be mightily dissipated and exhausted; and the Blood, before rich and provided with all Things, should, after so much Expence and so many Losses, fall at length to Decay and Poverty. And this being premised, what can be expected but the usual Consequence,
that

that is, that Nature in this miserable and ruinous Condition must soon be oppressed and fall ? For now every Part of her Administration being in Disorder and Confusion, her Government must be unhinged and at length dissolved, since the Blood abounding with Gouty Matter, and its active Principles grown too feeble to separate and expell it, as formerly in their more vigorous State, it makes to the Stomach, the Guts, the Chest, and at length to the Head, the principal Fortresses and Securities of Life, whence it is soon driven out, and quits its Tenement, batter'd and beaten into a Heap of Ruins.

From what has been hitherto said the Definition of this Disease may be thus formed, The Gout is a painful Disease, arising from viscus coagulated Salts or cretaceous Impurities, caught and entangled in the Ligaments or Glands of the Joints.





S E C T. II.

*Of the immediate Causes of the
GOUT.*

WHILE we search after the Causes of this Disease, it is reasonable, that, as in all philosophical Disquisitions and Enquiries into Nature, we should proceed from Things more known or less obscure, to illustrate and explain Things less known or more obscure. Let it be consider'd then how great an Alliance or Affinity there is between the Gout and the Stone, while they seem to differ only by the different Receptracles where they are deposited, and where they reside, while they produce their grievous Effects, and likewise that they easily and frequently, by alternate Transmutation, shift their Denominations, of which more hereafter. If therefore we contemplate the Disease of the Stone, which so nearly resembles the Gout, and the Manner of its Generation, it will facilitate our Conceptions of the Nature of the Gout, and the Way of its Formation.

It

It is observable, that Persons obnoxious to the Stone of the Kidneys are endowed with much native vital Heat, arising from more generous and active Principles of Life in their original Constitution, that is, the Oily or Ballamick as well as the volatile Salts or spirituous Parts of their Blood and nervous Juices, which are more abundant, and more exalted and refined than in Men of a more cold and phlegmatick Complexion ; and the Superiority of these operative and governing Ingredients in their Temperament makes them more susceptible of the Distemper of which I am now speaking ; for while such a Plenty of volatile Salts is found in their Mixture, when those Salts meet with a contrary Acid in any Vessels or Organs of the Body, the Consequence is a *Coagulum* or Concretion arising from the Conflict and Re-action of those opposite and repugnant Principles, it being a known Observation, that when we mix those contrary Salts, they disarm and destroy one another, lose their Nature and Name, and produce a neutral third Thing, that is, some thickened or fixed Substance.

Suppose then, that in Process of Time from Intemperance and Irregularity in Eating and Drinking, from unwholesome Air or other Means, the Liquor in the Lymphæducts

phæducts or the spirituous Fluids that glide and circulate in the System of the Nerves should contract an Acidity, and then by the Ministry of the Glands should be separated and emptied into the Cavity of the Stomach ; must they not, by meeting there with an immoderate Plenty of volatile Salts of an opposite Nature, after, by short Strife and Contention, they have subdued each other's repugnant Qualities, settle in mutual Embraces, and produce slimy Coagulations or cretaceous or yet harder Affociations ? But if this Event should not happen in such Stomachs whose digestive Ferments have Virtue enough to prevent it ; yet after the Protrusion and Descent of the concocted Chyle, on supposition of its being immoderately acid from the Mixture of depraved nervous Juices, and its meeting with the Bile or Choler discharged from the Gall Bladder, and making its Way through the Intestines, will, by its Conflict with that adverse Liquor, create such viscous Particles or minute Concretions that may become the Seeds of this Disease, considering how easily and how frequently the Fluids in that Receptacle are, by the slight Mixture of an Acid, so changed, that they fill the Bag with Stones of various Figure and Magnitude, which are often excluded into the Intestines. Now these

these fixed Compositions, and friable, sandy Cohesions, arising either from the before-mentioned Causes, or from the Rencontre of austere Juices excluded from the Pancreas will easily and justly be acknowledged to be the Seeds or primitive Rudiments of the Stone in the Kidneys, which is formed from them in the following Manner.

The Chyle infected with these fixed Particles or hard Combinations, is by the Mediation of the lacteal Vessels admitted into the Blood, and mixed and incorporated with it constitutes one fluid Mass; and when in its Circulation the *Serum* or superfluous watry Parts are separated from it by the glandulous Strainers of the Kidneys, the gritty Particles before-mentioned, with which they abound, are caught and entangled in the Fibres of that Organ, whose narrow and disproportioned Pores, either in Size or Figure, will not permit them to pass farther; and then by the continual Accession of such new coagulated or sandy Materials intercepted and stopped in their Way, they are gradually augmented 'till they become little Stones, either of a softer or closer Consistence, yet so slightly cohering, that by Nature's Effort they are soon disjoined, and their Union being dissolved, they fall down with the
Urine

Urine into the Bladder, or if held together by stricter Ties become yet harder Stones, of which some of smaller Size are excluded by the Ureters, and others of larger Dimensions, not friable or apt to break, grow on 'till they spread, like Branches of Coral, thro' the Substance of the Kidneys; and this is evident, though it is too difficult to tell how these Particles are thus connected, for the Continuity and Cohesion of Matter is such a mysterious Thing as cannot be conceived and explained by human Understanding.

This gradual Growth of the Stone in the Kidneys may be illustrated and explained by an attentive Observation of petrifying Brooks, which, by a surprizing Power of Transformation, convert Pieces of Wood into Stone, while minute Particles washed from the Rock issue out with the Spring, and the liquid Marble flows mingled with the Stream. The Waters of these Fountains are also replenished with other sandy and gritty Particles, which, in their secret subterraneous Roads through the mineral Beds and hard Fossils, they carry away in their Current; and when they break out from their Heads and glide thro' their Channels, if in their Way they meet with a porous Branch of a Tree or a Piece of Timber, the petrifying Particles,
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of which they are full, are ensnared and arrested in the disproportioned Pores of the Wood, that forbid their Percolation ; and while they are detained and imprisoned there, by the continual Arrival of more similar Seeds convey'd in the Stream, the Collection is still encreased, 'till by Degrees the whole vegetable Mass is turned into a ponderous Stone of the Figure of the Wood before its Transmutation, and the Chasms or Places of the Parts consumed and wasted away are gradually filled up by the hard Atoms that flow mingled in the Waters.

And as this seems a rational Account of the Origine of the Stone in the Kidneys, so it may be extended to others, since it must be observed, that scarcely any Part of the Body, external or internal, are incapable of Breeding the Stone. The Lungs, the Gall Bladder, and the Liver are likewise obnoxious to this Disease, though not so frequently as the Kindeys : And it is sufficiently known that the Stone is often generated in Cows, Oxen, and other Animals. But the most celebrated and most perfect of these is the Bezoar bred in the Ventricle, according to *Cæsius*, of a certain *Persian* Goat, where the petrifying Parts formed in the Stomach by the Coalition of an acid Salt with a contrary Alkali

kali in a just Proportion, according to the Hypothesis before laid down concerning the Generation of the Stone in the Kidneys, adhering to some hairy, spongy, woolly, or other impure and incongruous Matter not receptive of Digestion, encompass and involve it by a gradual Growth and Accretion, with distinct Coats one wider than another, like the Head of an Onion, and wrought with curious Art. This Stone, though it is the Errour and Distemper of the Stomach, is, however, an eminent Medicine and a great Instrument and Means of Health, in the Opinion of many considerable Physicians, particularly as a powerful Antidote against Poison, a good Sudorific in Fevers, and of a Specifick Alexipharmick Virtue in preventing internal Mortifications, or stopping their Growth and Spreading. And notwithstanding instructed by Experience I lay not any great Stress upon the Medicine, yet considering that it received its Birth in the Stomach of a strong and active Creature, and that during its Formation it became more refined by partaking, in some measure, of the superiour Advantages and Improvements acquir'd by the animal Heat and Regimen; upon this Account, I say, it may probably have gained some Qualities more generous, rich and cordial in the common Acceptation

tion of that Word. But I must quit this Digression, it being too large a Field for this Place to discuss the Nature and Manner of Operation in sudorifick and antimalignant Remedies.

Nor are Stones produced only in the internal Bowels, the external Organs of the Body are likewise obnoxious to them. They take up their Lodging in any Muscles of the Limbs or other outward Parts. Nor is it a Wonder, that this often happens, since we may easily conceive that the genuine Causes of hard Concrescences, viscidous Associations, and lapidescent Particles, I mean redundant volatile Salts, with an inferiour Degree of sour or austere Juices, may be frequently generated in all the various Cells and Repositories of the Body ; as stony Particles are found in petrifying Streams in great Plenty, so the perverted and depraved Chyle, as I have shewn before, abounds with various Concrescences and Coagulations, either from the Rencounters, Collisions, and multiplied Re-action of contrary contending Salts in the Stomach, or after its descent from thence in the first Roads of the Intestines, where, as I have said, it meets with the bilious Current rushing from the Receptacle of the Gall, or with too acid and austere Streams from the Pancreas or other

E Glands

Glands before its Separation by the lacteal Veins, or afterwards by Conflicts arising from its Mixture with a degenerate *Lympha* in the common Receiver. In any of these Places, I say, by the Contrast and Opposition of repugnant Salts, the nutritious Juices infected with various coagulated Impurities, for Instance, slimy, glutinous, or such as resemble Lime or Plaster, or several Earths and Fossils, or gravelly and friable Substances, will be admitted into the Blood, and mixing with it, fill it with such irregular and noxious Particles that become the Seeds of Torment and the Fuel of various Diseases, and particularly of the Gout.

I apply what has been said to the Subject of this Discourse in the following Way. The Blood is a uniform fluid Mass, composed of Ingredients of a different Nature, which being intended to repair or augment the different Parts of the Animal are there more laboured and refined, and then separated by their proper Strainers, are distributed and deposited on the organical Parts which they were designed to nourish: Now it is evident, that since *ex his nutrimur ex quibus constituimur*, that the more tenacious, slimy, and viscous Threads prepared and wrought in the Blood are appointed and appropriated for the

the Increase and Conservation of the Ligaments, Tendons, and Membranes, as the harder tartarous Particles are formed to supply and recruit the Bones, in like manner the fleshy Fibres are formed to repair or amplify the Muscles, as the unctuous and balsamick Materials are convey'd by the animal Ministry to enrich the fatty Parts that demand new Supplies. Let it now be supposed that the Particles in the same unseparated and confluent Mass of Blood intended for the Nourishment of the Membranes, Ligaments, and Bones should become so stiff, slimy, or cretaceous, that they cannot make their Way, by reason of their disproportioned Dimension and Figure, through the minute Canals and Inlets that lead to those Parts, they must continue there noosed and imprisoned 'till fresh Troops of these noxious Particles continually arriving by a gradual Coacervation, swell the obstructed Part to an unnatural Size, and pressing on the Membranes, Tendons, and Ligaments that invest or bind together the Extremities of the inosculating Bones, or the Skins that cover them, they must of Necessity stretch the Fibres beyond their native Staple and proper Degree of Tension, which is the Rise and Origin of Pain and Torment ; for while the Spirits inhabiting the Fibres, agitated

and impelled by the violent Impression, rush disorderly through the Nerves to the Brain, they impart to the Judge or Principle of Perception residing there, grievous and painful Sensations; for it is evident, by feeling, that the Spirits thus affected and disturbed by the Vellication or immoderate Extension of the nervous and membranaceous Fibres in the Organs of the Body are the immediate Causes of Smart, Achs, and Torture.

Of the remote Causes of the GOUT.

IMmoderate and luxurious Eating of delicious and rich Meats, and especially when improved with high Seasonings and spicy Sauces, that exhaust the Skill and destructive Abilities of the Cook, that deprave simple and wholesome Foods, and change them into pleasant but pernicious Compositions and made Dishes, must go far towards producing this Disease, if it be acquir'd; and hasten and exasperate it, if deriv'd from Gouty Parents: For such voluptuous Foods, greedily ingested into the Stomach, oppress the Spirits and diminish the native Heat of that Organ, whose concoctive Power, unequal to the oppressive Task, is unable sufficiently to penetrate, divide, dissolve and tear in sunder
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the incongruous Parts of the heavy load, and convert it into a wholesome nutritious Mass ; whence a great Quantity of crude and undigested Leavings of the Meat remains after all the Labour of the Stomach is spent, and plentifully infects the unfinished Chyle with the Seeds of this Disease ; which being transmitted to the Intestines, and meeting in its Way the acid Juices strained thro' the Glands in its Road contracts, as is explained before, many viscous Coagulations and harder Concre- scences, and when convey'd to the Blood fills its Streams with noxious Impurities, the *Stamina* or Rudiments of this Disease. And since the Persons who are most inclined to the Gout are endowed with rich and active Principles of Life, and exceed all others in a vigorous, sound, and sanguine Complexion, this high and voluptuous Feeding, by administering perpetual Fuel to the native Heat of the Blood, brings about sooner the Production of this Evil, accelerates and enrages the Fits, and recruits the Distemper with constant Supplies. And it can be no Wonder that the Blood of such Persons, too much disposed to breed this Malady before, by the pernicious Helps of Luxury and Excess should be now more prepared to receive it ; for here the Seeds of the Gout, like those of

Plants sown in a hot Bed, not only cherished with Warmth but forced by too much Fire, spring up and coming forward apace, ripen by a precipitate Growth, and soon bring forth their malignant Fruits.

Nor does a constant gratifying the Appetite by luxurious Eating promote the Generation of the Gout only by overloading the Stomach with improper Foods which fill the nutritious Mass with the crude and unconcocted Remains of an imperfect Digestion, but likewise by diminishing and perverting the Appetite, whence the digestive Faculty is yet more disabled, though employed in harder Labour. For the Appetite having been long entertained and regaled with such tastful, costly, and artful Dishes despises and loaths the Simplicity and Plainness of salutary Meats, and covets only such as are immoderately seasoned and heightened by invented Sauces; of which those are the most celebrated, that so far disguise and change the Meat, that becoming another Thing it eludes all Distinction of Sight and Taste: And when the Appetite is thus depraved, it will not only reject simple Meats, but will eternally crave absurd and unwholesome Refreshments. For the Case of intemperate and voluptuous Eating resembles that of Excess in Drinking of strong Liquors,

quors, which fills the Stomach with Crudities, inflames the Blood, diminishes the Appetite, and at length constrains the Patient still to demand new Supplies of yet stronger and more generous Liquors to quicken his decay'd Hunger, elevate his sinking Spirits, and ease his loathing and frequent Sickness, 'till he is brought to a fatal Necessity of continuing an unhappy Custom, which he can neither safely hold nor let go.

And this leads me to another antecedent Cause of great Affinity to the former, that is, the immoderate and habitual Drinking of Wine or other generous Liquors, which facilitate and hasten the Formation of this Disease, while they macerate and wear the nervous Fibres of the Stomach, and relax and slacken their native Tone, inflame, dissipate, and too much rarify the Spirits residing there that are greatly interested in the Work of Digestion, disable and weaken the dissolving Ferment of the Stomach, and by Degrees abate and suppress the Appetite; whence the incongruous and hurtful Humours, the Effects of an impaired digestive Faculty, are from Time to Time transmitted to the Veins with plentiful Stores of Gouty Matter; nor can it fail, but that the uncocted Loads of Impurities, after repeated

Excesses and numerous Surfeits communicated to the Mass of Blood, should at length bring on the Gout in sanguine and robust Constitutions prepared for it.

And this is most frequently effected by the sharper Wines most replenished with Tartar, that shews a great Resemblance to the cretaceous or gritty Matter of the Gout : And hence it is a common Observation, that the Drinking of *French* Wines, especially *Burgundy* and *Champaigne*, will the very next Day affect the Joints of many Persons, especially when they advance in Years, and the Flower and Vigour of Youth begins to decline. For this active Liquor enriches the Blood with too great a Quantity of generous Juices, and raises and exalts it above the mild and temperate State that Nature's Standard ever requires ; by which Means it contains many incongruous Parts, that incapable of being concocted and converted into Nourishment are apt to run into Concretions and knotty Combinations, the previous Matter of this Disease ; for a small Quantity of Acid, as said before, meeting with an excessive Plenty of generous volatile Salts produce hard and gritty Coagulations, and the Blood not being able to loosen their Embraces and untie their close Cohesion they are

are at length excluded and cast upon the Joints.

Another remote and preparatory Cause of the Gout is want of sufficient Exercise: And this Observation is warranted by Experience, for the sedentary Lawyer and unwearied Student, that converse continually with their Books and their Pens, and seldom employ themselves in active Recreations, often contract this Distemper. And so does the saunt'ring, supine, and oscitant Gentleman, who by his Birth and great Possessions is exempt from Labour, and intituled to Diseases, who persuades himself that nothing is more desirable than to lye softening and dissolving in uninterrupted Idleness, which usually is the Case of the voluptuous Persons mentioned before; and therefore luxurious Men to their Riot and Excess add likewise this Cause of the Gout, Inactivity and Indolence with a constant Suspension of Care and Industry, being induced to think that the Dignity, Perfection, and Felicity of human Nature consists in lazy Inapplication and having nothing to do. But 'tis evident, where the Assistance of due Exercise has been always wanting or long discontinued, the due Velocity of the circulating Blood is diminished, while the muscular and nervous Fibres, at first stretched and braced to a fit Degree
of

of Tension, for want of the Labour and Activity of the Limbs lose much of their springy Force of Vibration, and becoming slack and flaccid are unable to push on the Blood in its Channels, which for want of such Assistance cannot compleat its Rounds with a requisite Celerity : And for this Reason the rough, uneven, and grosser coagulated Parts cannot be exalted and divided minutely enough by striking, beating, and rubbing upon one another with sufficient Force and Violence : For as the Particles of the Blood without their mutual Attrition and Dashing against each other, during the swift Circulation of the Mass, cannot receive a proper Comminution or Subtility, so the just Mixture of the whole cannot be well preserved if that be wanting. Hence Concretions and tough and sharp Contents continuing coherent and undissolved, fill the Glands and nervous Fibres with depraved Matter that obstruct their Passages, and by that Means lay the Foundation of this Disease : For the noxious or crude Matter that should have been refined, rectified, and sublimed to such a State of Tenuity that it might with Ease insinuate itself, and glide through the small Tubes of the Glands and Membranes, still remains undigested, ~~it~~ is stopp'd and entangled

rangled in the strait Roads, and grows up by degrees to ripe Distempers.

I am not unapprised that immoderate Venery is likewise reckon'd another antecedent Cause of this Distemper. But I imagine this has happened through the Inadvertency or Inconsideration of the first Writers on this Subject, and the too obsequious, if not servile Respect paid them by their Successors, who, without Reflection or Examination, copied from one another, and conveyed the Notions as well as Medicines of former Authors to Posterity; for since it is agreed upon, from good Sense and Experience, that Men endowed with the richest and most active Principles of Life are most obnoxious to the Gout, and that Luxury in Eating and Excess in Drinking, and inactive Life, that supply a Redundancy of such generous Materials to the Blood are evident Causes of this Disease, then, since *Contrariorum contraria est Ratio*, those Ways of Life that defraud and impoverish the Blood, exhaust the Spirits, and enfeeble the Body must have a contrary Effect; and if Poverty and Richness, Emptiness and Plenitude must be allowed to produce different Events, then immoderate Venery, though it may be a natural, as it is a moral Evil, cannot be the Cause of the Gout; but
whatever

whatever other Distempers it may occasion by dissipating and extinguishing the Spirits, relaxing the Muscles and defrauding the Blood, it cannot be preparatory to a Disease that derives its Being from quite opposite and repugnant Causes.

And this Truth is placed in a stronger Light, if we reflect that no other Means, that, like Excess of Venery, slacken the Nerves and exhaust the native Heat and Vigour, do at any Time introduce the Gout. For we do not see that the constant Fatigue and inordinate Labour of the Traveller and Mechanick, the wasting Pains of the Husbandman, or the toilsome Exercise of the Fox Hunter, or other violent Sportsmen doe contribute to the Gout, though they do not always protect the Intemperate and Luxurious from it. This Disease is not bred in Prisons and Work-houses, nor engendered in the Galley or the Mine; but owes its Production to the Table of the Epicure and the Abuse of delicious Wine. It is the dissolute and voluptuous Indulgence of sensual Appetites, that administer to the Blood the Seeds of the Gout by oppressing Nature with too great Plenty of rich Supplies, and not those Methods of Life that enfeeble her Faculties.

S E C T.



S E C T. III.

Of the different Sorts or Denominations of this Disease.

First, the GOUT is either Hereditary or Contingent.

THE Seeds of this Evil are frequently derived from the Parents, like those of scrophulous and lunatick Distempers, and probably of many others, tho' less discernible, as being involved and strictly complicated with the tender Threads of the Animal in Embrio, which afterwards by the various Rencounters, collusive Strokes, and Attrition of the active Parts of the Blood during a thousand Periods of Circulation are at length disengaged from their primitive Combinations and set at Liberty ; and their original Cohesion being now dissolved, the sleeping and unheeded Matter of the Gout, awaken'd and unfolded, displays the Symptoms of a ripe Disease, which happens sooner or later according to the Quantity
and

and noxious Quality of the primitive Seeds : If the seminal Impurities are complicated in a greater Degree with the Principles of Life, and much more if they are also of a more perverse and ill-conditioned Nature, they appear in a sad Train of Effects much sooner : For some have been attacked with this terrible Enemy before twenty five, and by frequent and violent Assaults and the long Duration of their Fits, that allow'd but short Intervals of Ease and Respite, have soon had their Joints knotted, their Ligaments lacerated, and their Limbs so weaken'd, that they have not been able to feed themselves, nor to walk but in a very feeble and decrepid Manner. In this unhappy Case, Nature furiously assaulted, oppressed, and laid waste, has in a few Years yielded up the Fort of Life.

But in other Persons, where the hereditary Seeds of this Disease are of a milder Nature, and blended in a less Proportion with the original Principles of the *Fætus*, it requires many Years before they are disengaged and released from their Confinement ; and they are sooner or later enlarged according to their own different Qualities or the Patient's different Course of Life. In some it happens about Forty, in others at Fifty or Sixty, and some are spar'd a few Years longer ; and one of my Patients,

Patients, a Gentleman of a hail and vigorous Constitution, Had his first, yet a regular Paroxysm, about the seventy eighth Year of his Age, and after considerable Intervals, several others.

That which I call a contingent Gout is introduced and acquired in a Series of many Years after the Birth of the Sufferer, and is not a sad Legacy settled and entailed by distempered Parents on their Children as an indefeasible Inheritance, to descend in a long Train from Generation to Generation, but is contracted and formed by subsequent Accidents and Causes, such as have been enumerated in the preceding Pages, where I have discoursed of the remote Causes of the Gout.

This Disease is divided likewise in respect of its repeated Paroxysms into full and perfect, or partial and imperfect: The first happens, when the active Principles of the Blood in a strong and healthful Constitution are so far Masters, as wholly to subdue and digest the Gouty Matter, till it becomes fit for Separation and Expulsion, and then by a Critical Effort discharge and exclude it entirely, and by this Means free the Blood and nervous System from all the Materials of the Disease, that then infected them, and so compleatly refine and depurate the Streams of Life, having cast
off

off and deposited all the noxious Concretions or gritty Particles on the Joints and Ligaments of the Bones : And while Nature, endowed with sufficient Vigour for this Duty, repeats at due Intervals the Depurations of the Blood, and Clearing of the System of the Nerves, and is able to carry off wholly the incongruous and offensive Parts at every Paroxysm, if this deserves the Appellation of a Disease, it is however such a one as seems a Superfluity of Life, that is the effect of redundant, generous and volatile Principles in the Constitution of the Patient, which, as above explained, meeting with acid and austere Juices in the Bowels, are easily changed into tough, sandy or viscuous Coalitions, and therefore, as before suggested, the Persons obnoxious to this Distemper are of all others of the most lively, strong and athletick Temperament.

But if it be ranged in the Class of Diseases, it is however, while it keeps within the Limits mentioned, a very pardonable one, and not rashly to be censured and decryed; for to many, who observe a regular and prudent Conduct, it is highly beneficial in this respect, that the Patient enjoys in the Intervals between the Fits such an extraordinary Degree of Health of Body, such a constant Vivacity and serene Temper
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of Mind, that recompence the Sufferings of the Fits, when those Fits are not of long Duration, and return not thick upon one another. And besides these, compleat Paroxysms do not only separate and discharge the Gouty Matter, but at the same time carry off other Impurities of the Blood, that, if left there, would by degrees engender various Diseases ; for every Paroxysm of the Gout operates like a Vesicatory or Blistering Plaister, or a sudorifick, purging or vomitive Medicine, which, by agitating the Blood and irritating and stimulating the nervous Fibres, oblige them to discharge their liquid Contents, and together with them all offensive Humours in the respective Parts from whence they are solicited and expelled. And as those Remedies, which have no Foresight or Choice to single out one Humour from another, by a general Push or Instigation, compel the Parts they affect to exclude their Juices, and by that means accidentally and undesignedly bring away the noxious Impurities that happen to be there ; so a Fit of the Gout, which discharges the Particles proper to that Distemper, carries off likewise the Seeds of other Diseases, which may at that time infect the Blood and nervous Juices : So that a Gout consisting of such perfect Paroxysms, which, as oft as they return,

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depurate

depurate and free the Mass of Blood by letting out all the imprisoned unripe Matter of other Distempers, is such a Security and Protection to the Patient, that while these compleat Fits are successfully repeated with such Regularity, he cannot usually be attacked by another Disease, as Experience shews us.

The partial or imperfect Gout is when the Fits are broken and unfinished, which often happens when Nature is much worn, beaten down and enfeebled by frequent and severe Sufferings, and when the active and governing Principles becoming impotent and unable compleatly to perform their Function, separate and throw off the Gouty Matter defectively upon the Joints; so that besides the Affliction of the Joints, those Organs likewise are greatly affected where some Portions of these Specifick Impurities are left behind, and not discharged upon the outward Members. Hence the Patient, besides the Sufferings in his Hands and Feet, complains sometimes of violent Pains in his Head, Neck, Shoulders or his Limbs, and sometimes of great Sickness of Stomach with Strainings to vomit, torture in the Intestines, and often a Flux of the Belly, all occasioned by the Remains of the Gouty Humour that eluded the Force of the expulsive Powers, and

and continued settled and fixed in the Parts I have mentioned. These do not crucify the Joints with such acute Pains as other more regular and perfect Paroxysms, but then as their Symptoms are many, and severe in some Bowels or Members of the Body where they are dispersed, so they are more protracted and dangerous; for the noxious Matter left behind, having defeated Nature's first Attempt to exclude it, is afterwards mastered and ejected with greater Difficulty; and sometimes after several unsuccessful Pushes and Efforts by a fatal Translation it is deposited upon some noble Part, the Head, Chest or Stomach.

A third Division of this Distemper is into Cold and Hot. This is a vulgar Distinction, and I think the truest Signification of it is the same with acute or mild, or of shorter or longer Duration: For that which they call the Cold Gout is not accompanied with so great Swelling, Inflammation and Torment as the other sort; because as the Matter of it is milder or less noxious, or not in so great a Quantity as to stretch violently the containing Fibres, the Pains it creates are more moderate than such as proceed from the hot or acute Gout, which attended with a greater Number of Forces and furnished with more destructive Weapons, make their Attacks with

greater Fury, and execute their Tragedy in a shorter Space. These milder Paroxysms as they are longer protracted, while sufficient Heat and Vigour are wanting to digest and discharge the Humour, leave often Œdematous, that is, white, soft and unpainful Swellings in the Feet, Ankles, Knees and Hands, which by degrees, as the Patient revives and gathers Strength, are removed, as others Tumours arising from meer Weakness and exhausted Spirits. At the Termination of the Fit, there follows in these Cases a great Inability to move the Limbs in walking, which cannot at first be performed but by outward Supports; and this Phænomenon is easily solved if the Flaccidity of the Membranes and Muscles, occasioned by their being so long over-stretched, gaulled and fretted by the congested, chalky or sand-like Concretions in the Joints, is duly considered: And besides at this time the Bones of the Joints rubbing on and fretting one another, give a crackling Noise, while their Cartilages are robbed and deprived of their native oily Supplies, that used to keep them moist, slippery and inoffensive to each other, during Nature's great Expence of her richest Treasure under such protracted Sufferings. And this is illustrated by the Case of Scorbutick Patients, that is, all those, that have

have been long afflicted with the growing Seeds of any Chronical Distempers before they have acquired Maturity enough to be distinguished by their proper Names, in which the grisly Parts of the Joints not duly and constantly anointed with the oleaginous Parts of the Blood, become so dry and unfucculent, that bearing upon one another they frequently snap or give a Crack ; for in such Instances the acid and austere Juices being predominant in the Habit of the Body by degrees diminish, and in a good measure waste the pure Balsamick Parts of the Blood, and leave it not enough to repair and preserve the necessary Moisture and Slipperiness of the Bones, which their Function requires.

The Gout is likewise denominated simple or mix'd ; it is called simple when accompanied only with the Symptoms belonging to its own Nature and essential Properties, as above explained ; and it is said to be mix'd when attended with the evident Symptoms of other Diseases complicated with it ; for it often happens that the Stone, Hypochondriacal and other Affections united with the Gout, aggravate that Disease, and increase the Calamity of the Afflicted. I have shewn above how nearly the Stone of the Kidneys is allied to the Gout, and what thin Partitions divide and

distinguish their Specifick Natures; for the Matter of each of those Diseases is so alike in respect of its hard and gritty Consistency, that the same sandy Concretions deposited in the Joints form the Gout, and in the Kidneys the Stone; for if the cretaceous knotty Particles quit their Seats in the Joints, and are translated to the Kidneys, they become the Stone, and so *vice versa*: And as this is a known Observation in many Patients, so it was the Case of the celebrated Dr. *Hammond*; for, as Dr. *Willis*, who attended him, relates, when he was eased of the Stone he was sharply attacked with the Gout, and when freed from the Gout, sad Exchange, was grievously, and at last fatally assaulted by the Stone.

Nor is it an uncommon Observation, that the Disease called the Spleen or Hypochondriacal Evil joins its Forces with the Gout to harass and distress the Patient, while Diffidence, Head-aches, Timidity, Dejection of Spirit, Absence of Mind, Inequality of Temper, Leapings of the Tendons, Palpitation of the Heart, and other Complaints from the same Fountain, afflict the miserable Sufferer, in as a high a Degree, as the painful Effects of the Gout. Sometimes this Distemper, with all its dismal Train, appears first, and endures a considerable time before the Gout is discovered

vered by its proper Symptoms in the Joints; but more often the Gout is the first Aggressor, and after by renewed Cruelties it has weakened and wasted the Constitution, it is no wonder that Splenetick or Hypochondriacal Disorders should be introduced upon the Animal Spirits, and the System of the Nerves, the Subject and Seat of those irregular and grievous Passions: For we constantly see, that when outward or inward Causes, either great Suffering of Body or deep Sorrow of Mind, have reduced the active Principles of the Blood and Nerves to a low and languishing State, the Passions called Spleen and Vapours immediately attack the principal Organs of Life, and fill the Animal Œconomy with Disorder and Confusion.

This Distemper is likewise divided into Genuine and Spurious. The Genuine is when it swells, inflames and afflicts the Joints by such Paroxysms, as free the Blood and nervous Fibres of the Gouty Matter existing in them at that Time, and having compleated its Course, attended with the Train of Symptoms before enumerated, where I have discoursed of the Nature of the Gout, and reckoned up the Effects it usually produces in every regular Access, disappears, and gives the Patient Ease and

Respite till at an uncertain Interval the like Fit returns.

But a Spurious or Bastard Gout is a Distemper that never arises to any regular or perfect Paroxysm, but consists in unsettled and unconstant Pains, that in their Turn affect the Head, the Limbs, and sometimes the internal Parts, that however stay not long in a Place, but perpetually shift their Lodging, strowl about always seeking new Habitations, and like Hysterick Disorders put on various Shapes, and wherever they come imitate the Distemper properly belonging to that Part; when it affects the Toes and the Fingers, it does not swell, inflame and torment them like a true and finished Fit of the Gout, and only abides there two or three Days, tho' long enough to bring the Patient to the Distinction of a Cane and the Dignity of a halting Pace. It however often nibbles at the Joints, and gives them shooting Pains, and sometimes acute Twinges sufficient to entitle it to the Appellation of a spurious and bastard Gout, much distinguished from the perfect Kind, at which State it never arrives.

I incline to believe, that generally speaking where this Distemper is not complicated with a different Disease, it consists of true and genuine Seeds of the Gout, tho'
Nature

Nature had never Vigour and Activity enough to ripen it, and bring it to a Fit in form; that is, tho' it made several Pushes and Efforts to free the Blood, and cast off all the offensive Impurities on the Joints, yet it was never able to clear and depurate the Blood by one perfect Access; so that this may be really a Gouty Matter, and deserve the Appellation of that Distemper in an unripe and imperfect State; and I have frequently observed, that when Nature has for a long time try'd to bring it to a finished Degree, and strove in vain to discharge it on the Joints, she has unhappily been constrained to take another Turn, and cast it on the nobler Bowels, of which the Issue is always grievous and often fatal.



SECT.

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## S E C T. IV.

*Of the Method of CURE.*

**I**T must be observed that an Hereditary Gout derived from distemper'd Parents, and intimately adhering to the primitive Rudiments of the Embryo, contemns the Skill of the most celebrated Physicians, and triumphs over all the Power of Methods and Medicines. In this Case the seminal Gouty Particles are so strictly joined, so riveted and compacted, that their Fetters are not knocked off, nor their Prisons broken, nor their Union dissolved by all the violent Collisions, reverberated Blows and mutual Insults, which they undergo while circulated in the Blood during many Years with great Force and Rapidity. And that they should not be disengaged and released by the means I have named, by which the active Parts of the Blood are rarified and expanded, and become so minute and subtile, is very wonderful. And to ease our Conceptions we are obliged to fly to the endless Comminution and Division  
of



of Matter : For of how small a Size and Extension must that Particle or Atome be, which, tho' sublimed and attenuated to the highest Degree, to which the swift Motion and active Ferments of the Blood can raise it, is still a Mixture or Composition of several Ingredients, oily or fiery, volatile Salt and the Seeds of the Gout; and perhaps yet other Materials may be complicated with them. Now the admirable and unconceivable Minuteness of Matter evidently appears from the Reflexion I have made, that is, that the Materials of an Hereditary Gout may clasp and adhere to the finest and most expanded Parts of the Blood, and so closely, that in a Succession of numerous Years, by all the Force and Activity of the operative Principles, it cannot be separated and divorced. But at length these Gouty Principles after a long time are roused from their lethargick Sleep in the Embraces of the *Stamina* of Life, and their Cells or Dormitories being broken open by the repeated Efforts and Insults of the operative vital Principles, the noxious Guests begin to awaken, stretch and shake themselves, and then this Disease tries its Strength and Fierceness by playing the Tyrant and acting in Character; and this happens sooner or later, according as different Degrees of foreign Forces are brought

brought to the Assistance of the native Seeds of the Gout, either by Luxury, Intemperance, Idleness, or by other chronical or acute co-incident Diseases.

But it must be acknowledged, that tho' this, like some other hereditary Distempers, is never entirely extirpated, and ceases not 'till there are no longer Supplies of Individuals, yet sometimes it will miss and pass over the Son of a Gouty Father, and then by attacking the Grandchild, it will shew that it only slept for a while and suspended its Cruelty, but was by no Means sunk and extinguished; in like Manner as the River *Guadiana* is lost, while her diving Streams flow many Leagues in subterranean Channels, but at length emerging and rising from the Ground it pursues its Course in as ample and visible a Current as before.

But though this hereditary Gout, as well as some other Diseases, like *Gebazi's* Leprosie, will cleave to a Man and his House for ever, it may notwithstanding be postponed and suspended for many Years, and when it appears in its proper Symptoms, it may be less fierce and severe than otherwise it would be if proper and regular Methods are neglected. A recent Gout in a Person of a sanguine and robust Constitution, and such are chiefly affected with this



this Distemper, sometimes by quick and active purging Medicines, taken and repeated at a proper Distance in the Intervals of the Fits, has been removed, and the Patient has enjoy'd a happy Respite for fifteen or twenty Years, though at length it has revived and broken out in acute Paroxysms. But it must be observed that the Sufferers, who have reaped this great Advantage by such Evacuations often repeated, have to the Force of Medicine added Temperance and Regularity of Life, without which such Success is not to be expected.

*Of the Method to be observed in Preventing the GOUT, when not Hereditary, and Curing it when produced.*

**T**H E proper Precautions to guard against this Distemper in those whose hail and athletick Constitutions are most disposed to breed and entertain it, is to avoid the remote antecedent Causes before enumerated that concur to its Production. Abstinence therefore in Eating, Temperance in Drinking strong Liquors, and proper Exercise are the great Preservatives against the Invasion of this Evil, as well  
by

by cutting off the continual Supplies of high and voluptuous Nourishment that fills the Stomach and the Blood with the Seeds and noxious Rudiments of it, as by assisting and promoting the three digestive Faculties, by which means the Blood and Humours of the Body are kept in a regular and salutary State, being freed from the degenerate and impure Principles of the Gout; which is exemplify'd and confirmed by this Observation, that Peasants, Mechanicks, and Foot Soldiers, that fare and labour hard, by being delivered from a sedentary and luxurious Life, are likewise free from this Affliction. For the Seeds of the Gout, that rejoice and flourish in a fat Soil, will by no Means take Root and thrive in a barren and improper Place, where, besides their being chilled and starved by a coarse and sparing Entertainment, they are perpetually disturbed and agitated by Exercise, Toil, and Fatigue. He therefore that would be protected from the Gout, to which his florid and robust Complexion makes him obnoxious; or if he is seized by it, would moderate the Fury of its Paroxysms, and render Life more easy, useful, and desirable, must favour and oblige Nature so far as not to oppress her with Riot and Excess, nor disturb and subvert her Œconomy by administering the  
Seeds



Seeds and Fuel of Diseases, I mean the Crudities and incongruous Portions of delicious Foods unequal to her digestive Faculties; but by a regular and temperate Conduct to give her fair Play for her Life, and not contract that short Duration by laying violent Hands upon themselves, while in a voluptuous Succession of Entertainments and plentiful Meals they feast on Diseases and Death, and turn by Excess and Profusion their wholesome Foods and generous Wine into Poison. And besides the Temperance enjoined, moderate Exercise of the Limbs by Walking, and frequent Concussion of the Bowels by Riding, that not only corroborate the Muscles, promote the Circulating of the vital Juices, and enliven the sensitive Spirits, but create likewise Hunger, and assist the concoctive Ferments of the Stomach, must be frequently interposed, that the unagitated and lazy Mass of Blood may not corrupt and putrify, like Ponds and Lakes, by Stagnation in the Veins, nor the Cells of the Glands and the Repositories of the Bowels be obstructed and filled with the aggregated Principles of this Disease.

In short, the only effectual Method to prevent this Distemper is to avoid the Causes that produce it, which are before enumerated at large, and are offered to the free  
Choice

Choice of all. It is true, that after the Gout is contracted, many of a dissolute and immoral Life, unable to restrain their Appetites and disoblige their vitiated Taste, inflexibly adhere to their pernicious Custom of gratifying their Senses at the Expence of their Health, and had rather take a nauseous Draught of Physick than forbear a pleasant Glass of Wine. These Gentlemen argue thus, since during the painful Fit of the Gout no Man is allowed the Pleasure of good Eating and Drinking, then if that Prohibition is not taken off in the Intervals between the Fits, we must be wholly excluded the chief Satisfactions of Life, and on such Terms it is not worth the living for, while the Enjoyments, that make Life desirable, are abstracted from it. This Language, I grant, is not misbecoming the Epicure and Libertine, though *Epicurus* himself and his Friend *Metrodorus* laid down strict Rules of Temperance, when the excessive Indulgence of themselves in delicious Foods and generous Liquors created Pain and Sicknes in the Stomach, or was otherwise prejudicial to their Health; and so the Epicurean agreed with the Stoick in enjoyning Temperance for a natural, though not a moral End. All that can be said by a Physician is this, if any Person considerately and out  
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of a cool and sedate Choice, having weighed in one Scale the Sufferings on this Side, and the Satisfaction and Enjoyments on the other, believes that the last preponderates, and therefore are more eligible, he must be left to his own Election and Determination. A Gentleman that was afflicted with sore Eyes from immoderate Drinking, and admonished by his Friends of the Danger of losing his Sight, declared, that upon well considering the Matter, he found he had seen enough but had not drank enough, and therefore formed a deliberate and sober Resolution to drink on. In like manner, if any, upon calm Reflection, are determined to sacrifice their Ease and Health to the inordinate Grati-fications of their Palates, notwithstanding they pay so dear for it, they must have their Choice, which however no wise Man will applaud or envy.

*Of the Means to relieve the Patient during a Fit of the GOUT.*

**I**F the Paroxysm is introduced with a considerable Fever, which likewise continues after the Inflammation, Swelling and Pain of the Joints, it is proper to diminish the Quantity of the Blood in a  
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moderate Degree, (*viz.*) to nine or ten Ounces, which may abate the Fever in part, and not disable Nature from throwing off the remaining Matter of the Gout upon the Places affected. We see that in the Beginning of the Small-pox, if the Fever is high and threatening, the taking away a considerable Quantity of Blood facilitates the Eruption of the Pustules on the Skin, which it does not effect only by abating the excessive Heat, but likewise by emptying the Vessels to make more Room, and procuring more Liberty for the Blood to circulate, and so enable it to digest and throw off the noxious Humours, which before, in too great an Ebullition or Effervency of the Blood, while all its Parts were huddled in Disorder and Confusion, and hurried on with too great Violence and Velocity, it was incapable of performing. The Case is much the same in the Gout, as it is in other inflammatory Distempers, where letting Blood in such a Proportion as the Symptoms demand, befriends Nature in its Intention of Concocting, Separating, and Expelling the incongruous and offensive Impurities.

During the Insult of the Gout, when the Pains are acute, by reason that the peccant Matter urges, bears hard upon,  
and



and stretches the including Membrane to enlarge its Apartment, and make more space for the Reception of yet more to come, it is proper the Skin should be suppled, and made more pliable and yielding that it may give way to the Matter that swells it; but it should not however be so distended as to become flabby and incapable of Resistance, and by losing its Tension be ready to admit a great Quantity of Impurities, which would have been excluded, if its Power of Renitence and due Vibration had not been too much weakened. In this Case, I say, such topical mollifying Applications as answer this End are beneficial, and I look upon a Cataplasm or Poultice of white Bread and Milk and Saffron to be as useful as any other external Remedy for this Purpose; for this, as Experience confirms, by softening and moderately stretching the Skin, without destroying its native Tone and Firmness, makes it give way and yield so far to the Gouty Matter, that it may not press with too great Force upon it, whence it becomes less painful; and if other outward means are employed for this End composed of Plants, Flowers and Roots, they should be of the temperate, emollient Sort, that they may answer the same Intention, that is, the gentle Relaxation of the Membranes

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that enclose the offending Matter, and yet not extending of them so far as to destroy their elastick Power.

As to internal Medicines during the Fit, opiate Remedies are necessarily demanded when the Pains are very acute, and almost greater than what human Patience can bear, and likewise when obstinate Wakefulness and want of Rest dissipate and sink the Spirits, and so disable them from resisting and contending with the insulting Enemy. And whatever imaginary Evils from Prejudice or Ignorance of the Benefit of this Medicine may be objected against the use of it, it is notwithstanding in exquisite Pains, great Inquietudes, and long want of Sleep, of admirable Service, in comforting and supporting Nature under her great Labour and Agony; and therefore it is the Patient's chief Anchor that enables him to ride out the Gouty Storm with safety. The Forms of such composing Medicines may be these.

*Take of Flowers of Sulphur fifteen Grains, of choice Myrrh five Grains, of Saffron three Grains, of Extractum Thebaicum one Grain, of Liquid Laudanum five Drops, Syrup of White Poppys as much as will make it a Bolus, to be taken at Night in case.*



case of violent Pain or stubborn Wakefulness; and this Opiate may be increased by adding five or six Drops more of Laudanum if the first Dose be insufficient to gain its End.

Or take of Matthew's Pill seven Grains formed into two Pills; and if upon Tryal it does not answer its Duty, augment its Force, by adding a Grain more, and in like manner another, till you reach the Proportion that will be effectual.

Or take of Milk Water two Ounces, Hysterick Water half an Ounce, five and twenty Drops of Liquid Laudanum, and six Drachms of Syrup of White Poppys. Make it a Draught to be increased if defective in its Operation: And these Specifick Remedies should be repeated as the Exigencies of Nature require.

Nor should the Patient be deterred from reaping the great Advantages of this Medicine in the Cases before-mentioned, by any frightful Representation of it in vulgar Words and Phrases of terrible Sound, but void of Sense, as an Enemy to Nature and injurious to her Œconomy; for a Man must have an uncommon turn of Mind, and must get into a strange way of Think-

ing, before he can believe that a Medicine, which gives Ease in Pain, Sleep in Wakefulness, and Rest in Inquietude, without any or at least any equivalent Inconvenience, can be hurtfull to Nature and destructive of Health. I will suppose, but not grant, that these Pacifick Remedies do in some measure sink the Spirits, tho' this is contrary to the Experience of the large *Turkish* Empire, and of Multitudes in other Countries, yet do they not make for it abundant Recompence by the Tranquillity and Indolence they procure? And would not the obstinate continuance of Wakefulness and Torment sink and exhaust the Spirits more than narcotick quieting Remedies? I am tempted frequently to insist upon this Subject in my Writings out of Benevolence to Mankind; for many Persons fettered with an unreasonable Prejudice, defraud themselves in their Distress of the great Help and Consolation, which Opiates would afford them without incurring the least Danger, and are awed and discouraged from accepting Ease and Relief by signifying-nothing Words and phantastick Chimeras.

The use of Sulphur or Brimstone for easing Gouty Pains is recommended by *Diascorides*, when applied in a Liniment to the Part affected; but it has been lately found



found by Physicians to be beneficial when taken inwardly in a proper Proportion; and several Gentlemen, who have made Tryal of it in this Distemper, have, as they assured me, especially at the beginning of the Paroxysm or Access, received from it great Advantage. Whether this Effect is owing to the purgative Quality, which Sulphur is endowed with in a gentle Measure, or to the constitutive Parts of that Mineral that bears a Contrariety to the Principles of the Gout, and by their superior Virtue reduce them to a more inoffensive and moderate State, or to both, I cannot determine. However I incline to believe that the taking of Flowers of Sulphur to such a Degree as may move the Patient two or three times, and continuing the use of it some Days, may be beneficial to him, by gradual Discharges of the peccant Humours, without creating great Disorder and Disturbance in the Blood and Spirits, by too strong an Impulse and excessive Stimulation; for I have found it by Experience useful in scrophulous Tumours, a Distemper of near Affinity to this, which I shall shew more at large when I come to treat of that Malady. As for the manner of taking it, it may be given in a Spoonful of Cow's or Ass's Milk, to twenty five Grains or half a Drachm for a Fortnight together, if its

Operation by purging be very moderate, otherwise the Quantity must be diminish'd from half a Drachm to twenty or fifteen Grains, or such a Proportion as will not move the Patient above twice or thrice: And during the taking of this the use of Opiate or Pacifick Medicines will be more encouraged, for quieting Medicines never do their Duty more effectually, and are never less attended with hurtful Consequences, than when prescribed after Evacuations procured by Art or Nature. These Opiates and purging Medicines generally are most successful when united in one Composition of Pills or a Bolus, and given in alternate Succession to one another. The Form of the Medicines may be this.

*Take of Flowers of Sulphur from twenty Grains to twenty five or thirty, of Cinnabar of Antimony a Scruple, of Saffron two Grains, of Syrup of Maidenhair as much as will make all into a Bolus, to be given every Morning, drinking after it a Draught of Ass's or Cow's Milk, or an Infusion of Sarza, China and Eringo Root candied, made in the manner of Tea and sweeten'd. This likewise may be drank at any time.*

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As to the Usefulness of Wine during the Fit, it is a general Observation that the free drinking of generous Liquors exasperates the Pains, but then they sooner disappear ; and knowing this, the Patient has his Election either of a longer Paroxysm but a milder, or of a shorter but more severe and acute.

*The Method how to moderate the GOUT, that the Fits may be less frequent, more sufferable, and of shorter Duration,*

**W**HEN this Disease eludes the force of Medicines, and cannot be entirely subdued, the most eligible Thing is to check and abate its Fury, at least to restrain its Growth and keep it under, that when it returns its Usage of the Patient may be more mild and merciful, at least not more rigorous and cruel than before, and that its Visits may be repeated after longer Intermissions : And in order to this, I refer to what I have laid down before about avoiding the Causes and Occasions that introduce the Gout, and are continually feeding it with fresh Supplies : For if Patients indulge themselves in intemperate Drinking, and faring deliciously every

every Day, looking upon Abstinence and Regularity of Life to be an unreasonable Self-denial, too severe a Mortification, and a Burden too heavy to bear, and therefore not to be submitted to upon any View or Consideration whatsoever, they must at the same time sit down convinced that their Distemper will not only continue, but be more exasperated, and that they are diligently providing for themselves more violent Racks and acuter Torments, and are every Day raising and arming more Forces for an inveterate Enemy against themselves.

When the Fit is removed, sometimes Part of the Gouty Matter undischarged retreating to the Coats of the Stomach, create there great Pain and Sickness. And in this Case the following Tincture is very beneficial.

*Take of Root of Serpentaria Virginiana  
and Gentian each a Drachm, Tops of  
Roman Wormwood and the lesser  
Centaury each a Pugil, of Seeds of  
Coriander and Rhue each a Drachm  
and a half, infuse all in a Quart of  
Mountain White-Wine till enough em-  
bittered; add to it when strained two  
Drachms of Salt of Wormwood, and as  
much compound Spirit of Lavender,  
and*



*and drink a quarter of a Pint Morning and Afternoon, and when great Sickness of Stomach demands it.*

It may likewise be taken with Success after the Paroxysm, to restore the Strength and Vigour of the Patient, harrassed and laid waste by long and severe Sufferings.

As to Preservatives against the Returns of the Gout, and to keep the Fits at greater distance, the use of Sulphur, Virginian Snakeweed, and all such other Remedies that are suggested by Reason, or known by Experience to be endow'd with a salutary Virtue in breaking the Force of this Distemper should be employ'd. And since, according to the Hypothesis before laid down concerning the Production of the Gout, the Ingredients that constitute that Specifick Matter are Volatile Salts combined with an inferior Proportion of Acids, which mixed together subdue each others contrary Qualities, and being incorporated produce hard Concretions; and since no Medicine is discover'd of a certain appropriate Force to dissolve and unlock those Concretions; it follows that diluting Remedies, that attemper the Blood and Humours, and wash away with them in their Current the Impurities they meet with, must be allowed to be most advisable: For  
it

it is in this as in the Case of redundant Choler, which is principally subdued and reduced by diluting Liquors, there being no Medicine known that has a contrary Virtue efficacious enough to change its Nature and render it inoffensive; and considering how very few Specifick Medicines are discovered by Physicians that immediately act upon and destroy the Matter of Diseases, the Cure must depend principally upon Evacuation and Dilution, where no such peculiar and prevalent Antidote can be prescribed: And therefore the drinking of *Bath Waters* and those of *Bristol*, or other soft chalky Springs, and those of Wells that are impregnated in a moderate and inferior Degree with a Chalybeate Gasse or Spirit are very useful, if Abstinence and Regularity of Life accompany and assist their Operation. Attempering Roots likewise, Seeds and Leaves of Plants may be prescribed with Profit in Decoctions according to the Form following.

*Take of Leaves of Germander and Tops of the lesser Centaury each a Pugil, of Root of Butterbur six Drachms, of Virginian Snakerweed two Drachms, of Root of Sweet Fennel and Dandelion each an Ounce and a half, of Seeds of Coriander three Drachms;*  
 I boil



*boil all in three Pints of Water to a Quart, strain the Liquor, and add to it of Syrup of Maiden-hair three Ounces, and of compound Spirit of Lavender two Drachms, take a Quarter of a Pint three Times a Day, Morning, Afternoon, and at Night, having first aired it, and taken off the Chill.*

And whatsoever Diet-Drinks, as they are commonly called, are prescribed in this View that are not purgative nor consist of too hot Ingredients may be beneficial; and if to the Apozems or Decoctions made of the drying and warm Woods, *Lignum Vita*, Sarsaparilla, &c. of which such immense Quantities have been drunk to no Purpose by venereal Patients, were added such cooling Roots and Leaves as are above mentioned, it might be a profitable Remedy in this Distemper, by attempering, diluting, and carrying off the coagulated Impurities.

Under this Head it will not be improper to enquire into the Use of a Milk Diet for the removing and preventing of new Paroxysms. In some Persons of a vigorous and hale Constitution I have known that a strict Confinement to two Quarts of Cows Milk every Day, with a small Quantity

city of white Bread for a Month or more, and an entire Abstinence from all other Meats and Drinks, has been serviceable by diminishing the Force of each Access, and keeping the Return at a greater Distance; but in many others it has not been accompanied with such Success. But though it is true that so great and sudden a Change may procure Quiet in the Blood, and Ease in the Joints, by cutting off the Supplies that feed the Gout, that is, an immoderate Degree of generous Foods and Wines, I cannot however recommend the Use of it; for notwithstanding it may weaken and abate the Fury of the Disease, and starve an Enemy that we cannot otherwise destroy, I cannot however encourage such a strict Milk Diet, because the Change that the Patient undergoes by altering his Custom of Living in respect of Foods and Liquors, is not only extreamly great, but is likewise so swift and sudden that Nature is in Danger of sinking in the Attempt for want of necessary Repair in so hasty a Vicissitude, while her Power and Vigour is as much reduced as that of the Disease, and by starving one we starve the other. Such Revolutions are only safe when introduced by Degrees, and Nature is accustomed by little and little to live on a spare and less nutritive Diet. Of the



the two Extrems it is more eligible to eat and drink too much than too little, for this plain Reason, that Nature can shift and struggle to throw off Superfluities, but she cannot supply what is wanting, or make good a Defect in Quantity.

And since, as I have said, the predominant and superiour Part of Gouty coagulated Matter, or gritty and chalky Aggregations, consists in rich and volatile Principles, to prevent the Generation of friable and viscous Concrescencies which are the Matter of this Disease, such a Course of Food and such a Method of Physick must be diligently observed, as administers the least Supplies to the generous and active Principles that already are redundant in the Blood, and dispose and prepare it for the Generation of the Gout: And therefore for the dietick Part a sparing and regular Course of Eating and Drinking, that consists in plain, simple, and unartful Foods, that afford only moderate Nourishment, and such Liquors as dilute, refresh, and attemper but not inflame the Blood and too much exalt the Spirits, will contribute to the Preservation of the Patient from the Frequency and Severity of the Fits. For, as explained before, a Table of plentiful and delicious Dishes and Varieties of generous Wines, especially those of *France*, constantly

stantly communicate to the Blood the Fuel or Matter that feed the Disease, and make it impossible for any Physician to be useful to the Patient; for his Luxury, Riot, and Excess will be too hard for the most powerful Druggs that the Doctor can bring against them.

Notwithstanding this Disease cannot be entirely subdued, there are some Remedies however, though not endowed with a peculiar Quality, that immediately abates or extinguishes, yet as remote, general, and imperfect Causes will assist in restraining the Power of it, and keeping it from enlarging its Dominion over the vital and sensitive Faculties; such are, as said before, Sulphur, Snakeweed, and what other Plants or Minerals resemble them in their Virtues and Operations.

Sulphur, not only by the native Principles of which it is compounded, is repugnant to the rich, volatile Salts that are the principal Ingredients of cretaceous Particles and gouty Associations, but it is endowed with an easy, purgative Virtue, which gently solicites the Humours downward, by milking the Glands of the Intestines, and not by instigating the Spirits and agitating the Blood with Violence, as by strong Purgatives is done; gradually and constantly dislodges the Impurities and Seeds  
of



of the Gout, and carries off all such incongruous and peccant Matter, that is prepared for Separation, and sufficiently fluid to pass through the Glands, when thus urged and invited. And this has by Experience been confirmed as useful. In the Intervalls between the Paroxysms make use of the Forms of the Medicines following.

*Take of Conserve of Roman Wormwood two Ounces; of Cinnabar of Antimony, Powder of the dry'd Leaves of Ground-pine, each two Drachms and half; of Flowers of Sulphur three Drachms, of Virginian Snakeweed two Drachms, of Saffron half a Drachm, Syrup of the Juice of Citron or the five opening Roots as much as will make it an Electuary: Take the Quantity of a Chestnut every Morning and Afternoon, drinking after each Dose half a Pint of Bath Water or of Asses Milk, or a Quarter of a Pint of the Decoction above set down, or an Infusion of Sarza, China, &c.*

Exercise in a moderate Degree, such as neither exhausts the Spirits nor gives too great Velocity to the Motion of the Blood, is very profitable to the Patient, which I

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have

have taken Notice of before : But if such Exercise, either on Foot, or riding on Horseback, or in a Coach, creates a craving Appetite to eat, as it is apt to do, and that Appetite be too much indulged by excessive Feeding on very nourishing Meats, it will rather augment and exasperate than diminish or restrain the Distemper. It is the same Case with those that are inclined to grow fat and swell with Corpulency ; if they follow Exercise, especially on Horseback, to contract their Dimension and reduce their Bodies to a leaner State, that Exercise gives them such a hungry Stomach, that if gratify'd and unbridled, will still increase their Bulk, 'till it becomes not only burthensome and unwieldy, but likewise ready to sink by its own weight : And thus if the Gouty Sufferer upon the Use of Exercise fully satiates his Appetite occasioned by it, he will increase the Pains he intended to prevent, turn his immoderate delicious Foods into Aches and Tortures, while his healthful and vigorous Constitution is oppressed and ruined by too great an Affluence of nourishing Juices and a constant Accumulation of rich Supplies.

*The*



*The Method of Cure, or rather Mitigation, in the third and last Stage of the GOUT.*

I Have before treated of this Distemper in its first and second or confirmed State, and enumerated the Symptoms, that in Specie or Degree are peculiar to it when thus far advanced; and tho' in this last State the Disease has acquired such herculean and invincible Strength, the whole Complex of the vital Juices being vitiated, and the entire System of the nervous Fibres so impaired and subverted by the Return of the Paroxysms for several Years, that it eludes all the Force of Drugs, and mocks the Skill of the ablest Physician, yet it is within the Reach and Power of Means and Method to moderate its Fury, to soften the Tormentor, and mitigate its enormous Cruelty, which will much contribute to the Support of the Patient under his exquisite Sufferings; and this, though not a Cure, is a very valuable Blessing. For acquiring this End, the abating of severe Symptoms, and reducing the Outrage and Violence of the Distemper, when it cannot be wholly subdued, much depends upon such Temperance and Regularity of

the Patient in Eating and Drinking, as was before recommended for Preventing the Generation of the Gout; and since this Distemper in a great Degree owes its Production to a prevailing and redundant Measure of Choler in the Stomach, and the first Roads from it, as before explained, the Foods that chiefly create that bitter Humour should be avoided. It is known by general Experience that delicious, oily, and fat Meats, as well as high Seasonings and exquisite Modes of Cookery are apt to produce an immoderate Degree of bilious Humours, and therefore should not be chosen by any that desire not to add Fuel to their noxious Flame, and enrage their Torment to an unsufferable State. Therefore plain and unartful Meat, that give the Stomach no Labour in Digestion, nor the Blood in Assimilation, nor promote an inordinate Production of Choler, are chiefly to be chosen for ordinary Diet: And even the more simple and inoffensive Meats that afford us easy and proper Nourishment are not to be indulged to an intemperate Quantity, lest they diminish the digestive Powers of the Stomach, and fill it with crude Impurities, for this in such Patients may justly be accounted Luxury.

As



As for Wine, the moderate Use of it is very beneficial in the most advanced State of this Disease, while it aids the concoctive Faculty of the Stomach, promotes the Conversion of the nutritious Juices into Blood, and imparts a generous and enlivening Spirit to the whole; by which Means the active Principles of the Blood being more animated will more effectually subdue and exclude the noxious Humours by their proper Strainers, and are more enabled to perform their circulating Duty with due Celerity and less Obstruction, as above explained; and the animal Spirits likewise by this Assistance are more empowered to make their alternate Excursions and Returns from and to the Brain with the just Swiftneſs and Order that the Œconomy of Nature requires, and therefore a moderate Use of Wine must be allowed for these important Purposes, that Nature may not languish and grow less able to contend with her powerful Enemy.

During a Paroxysm or Fit of the Gout which returns so frequently that it leaves but short Intervals, if the Torment it gives exceeds the Patience of the Sufferer, and especially if accompanied with great Inquietude and obstinate Wakefulness, opiate Remedies must be called in Aid and taken in that Proportion as are sufficient

to ease the Severity of the Symptoms and render the Pain supportable, as in the manner before directed. And in the Intervals between the Fits, to assist Nature and restore her wasted Vigour, that she may have Force enough to withstand or sustain future Assaults without sinking under their repeated Violence, besides a more nourishing Diet within the Limitations before set down, the Patient may with Advantage take the Electuary before prescribed in the manner directed, and at other Times a Quarter of a Pint of Viper Wine, or five or six Spoonfuls of the Infusion of the Root of *Virginian* Snake-weed in some generous Wine, twice or thrice a Day will be beneficial.

In this habitual and veteran Gout, such is the Inability of Nature now exhausted and weakened by long and reiterated Sufferings, that the Paroxysms often become imperfect and broken, and therefore dangerous, while some Part only of the noxious Matter is excluded from the Blood and nervous Juices and cast out upon the Joints, and a great Part remains behind unseparated, either in the Intestines, Stomach, Chest, Head, or Kidneys; and much greater is the Danger if Nature is incapable of Forming a Fit at all, or if a Fit be begun, it suddenly ceases, and before the Matter  
in



the Joints is regularly subdued, quits the Parts affected, and returning into the Body settles in any of the Places before cited; and then great Care and Skill are required to dislodge the Impurities, and oblige them to go back to the Joints.

If it affects the Intestines and imitates the Cholick by creating there sharp Gripes and grievous Pains, the following Remedies are very proper to relieve the Patient.

*Take of Pilulæ ex Duobus two Scruples, of Calomel half a Scruple, of Opium strained a Grain and half, and sometimes two Grains, of Elixir Proprietatis enough to form it into Pills to be taken at Night going to Bed and the Night following. After their Operation take this Draught:*

*Take of Milk Water two Ounces, of compound Piony Water three Drachms, of Venice-Treacle half a Drachm, of Liquid Laudanum twenty five Drops, make it a Draught.*

If notwithstanding the Pains continue in the internal Parts, then interposing three or four Days, let the Pills and the Draught be repeated twice more, abating the Force of the purging Medicine, if it be greater than the Strength of the Patient can well bear,

and in the intermediate Days let him take the Electuary or the Infusion before prescribed twice a Day.

If the Gout affects the Stomach producing Pain, subversion of Appetite, sick Fits, Vomiting or Strainings to Vomit, the proper Medicines to be taken are such as follow.

*Take of the Infusion of the Species of of Hiera Picra, called Tinctura Sacra, two Ounces; of compound Spirit of Lavender a Scruple, of Elixir Proprietatis tartariz'd fifteen Drops; make it a Draught to be taken twice a Week going to Bed; and the Night following take this Draught:*

*Take of Milk Water two Ounces, of Venice Treacle two Scruples, of compound Wormwood Water three Drachms, of Liquid Laudanum ten Drops; make it a Draught, and repeat both the Purging and this Cordial Medicine after three or four Days.*

*On other Days take of Venice-Treacle and Conserve of Roman Wormwood each half a Drachm, of Powder of Coral and Crabb's Claws each ten Grains, of Salt of Wormwood a Scruple, of choice Myrrh and Saffron each three Grains, with Syrup of candied*



*candied Nutmeg; make it a Bolus, to be taken every Morning and Evening for a Month, and drink after it a Glass of Spaw Water or Infusion of Snakeweed in Mountain Wine, or a small Glass of Viper Wine.*

If Vomitings or Reachings to Vomit continue, let the Patient take of the following Mixture two Spoonfuls every four Hours for five or six times.

*Take of Juice of Lemons, of Mint Water each three Ounces, of Salt of Wormwood two Drachms, of Spirit of Lavender two Drachms, of Liquid Laudanum two Scruples, mix them together.*

At other times take twice or thrice a Day thirty Drops of the following Mixture in a Glass of generous White-Wine.

*Take of Elixir Proprietatis tartarized and of compound Spirit of Lavender each two Drachms, of Liquid Laudanum two Scruples, mix them.*

Testaceous and other absorbing Powders taken twice or thrice a Day, are proper to correct the four Humours occasioned by the Gout in the Stomach; and as in  
this

in this Case the strongest Wines are most proper, so I have known that a little Draught of Usequebaugh, and other warm distilled Waters and spirituous Infusions of active Ingredients, have relieved the Symptoms in that Bowel. But the Patient must not indulge himself in these generous Liquors, so as to make them familiar, lest they destroy the native Heat and Tone of the Stomach, and introduce by long Custom such Weakness and Relaxation of the Fibres, and such a Waste and Dissipation of the Animal Spirits residing there, that may prove paralytick and incurable.

But here it must be remark'd, that vomiting Medicines are in this Case prejudicial, because the Gouty Impurities inherent in the nervous Fibres of the Stomach, and productive of many grievous Symptoms, consists in such a fixed tartarous Matter, that it will not be dislodg'd and ejected by the Force of Emetick Remedies; but on the contrary the Coats of the Stomach, by the violent Efforts and Concussions caused by such Medicines, will become more feeble and flaccid, by which means it will invite and entertain a greater Quantity of new Gouty Matter; which Accession, by aggravating and augmenting the Symptoms, and making them more difficult to be subdued, may prove an irreparable



parable Mischief, especially if we reflect that besides this Detriment, the animal Spirits that are necessarily demanded for the Service of the Stomach being employ'd in concocting Foods and Liquors, will by every Vomit be more impoverished and exhausted without any equivalent Advantage; whence Nature in Part defrauded of the useful Ministry of the Spirits, will be unable to support her Economy and carry on her digestive Operations, which to promote and assist the Patient is obliged to drink generous Wine, as before suggested, as far as will consist with the Limitations of Temperance and a regular Life.

In this confirmed Stage of the Gout, when the Matter of it is either wholly detained in the Habit of the Body, or but very defectively expelled and cast upon the Joints, it often affects the Bladder, or is translated to the Kidnies, where it creates the Stone to which it has a great Affinity: For the Matter of each consisting of Tartarous, gritty or friable Particles, by alternate Transmutation easily becomes the one or the other; the same Concretions, if lodged in the Joints, producing the Gout, and if in the Kidnies the Stone, as in the Pages before I have explained. When the Gouty Matter is deposited in the Kidnies the same Remedies are to be prescribed as in nephritick Cases,

Cases, that is, copious Dilution and Vomitings by small Chicken Broth or Mineral Purging Waters, and after their Operation, at Night a Grain and half of Opium dissolv'd and strain'd; and these should be repeated three Days successively, if the Symptoms continue. The following Linctus is likewise very proper.

*Take of Oil of sweet Almonds or Linseed drawn without Fire, of Syrup of Lemons and Diacodium each an Ounce and a half, half a Scruple of Saffron, and half a Drachm of Liquid Laudanum; make it with Sugar into a Linctus, and let a Spoonful be taken often, by itself, or in a Draught of Marshmallow Posset Drink.*

Bathing likewise in warm Water is in this Case very profitable. Sometimes the Gouty Matter quitting its Seat in other Parts, and translating itself suddenly to the Kidnies, possesses the Strainers called Papillary Glands, and so affects them, that their Passages are entirely obstructed, or their Fibres become so flaccid and paralytick, that their Tension being lost, their Sides fall flat together, by which their elastick and expulsive Spring is disabled, and the Meshes and Inlets of the Strainers  
so



so closed, that they are no longer fit for Percolation; which sometimes produces a partial and sometimes a total Suppression of Urine, that often proves obstinate and eludes the Force of the most celebrated Diureticks. In this Case the most effectual means to make the Urine flow, in my Opinion, are repeated Vomitives and purging Medicines, Tincture of Cantharides taken in any proper Vehicle, and Spirit of Turpentine: These Remedies, either by giving a strong Concussion and Shock to the Kidnies, or by often stimulating and urging the Glands, oblige them to exert their Force and exclude their Gouty Guests, and by that means open a Passage for the Urinous Serum, and recover their Communication with the Blood.

And in this State of the Distemper the Matter of it is often laid down and fixed in the external Muscles of the Trunk or Limbs of the Body, where it produces acute and obstinate Pains exceeding the Power of human Patience to bear.

Sometimes the Shoulders, and sometimes the Back, and sometimes the Loins are the Seat of this Tragical Cruelty; and the last I have known so crucified, that the Patient was compell'd to lye without the least stirring in the same Posture on his Back for a whole Week. In these Cases

Bleeding,

Bleeding, Purging, Opiates, and Blisters in their Turn should be prescribed.

If the Gout affects the Head, as in this confirmed State it often does, where it creates violent Achings, sometimes a drowsy and comatose Disposition, and sometimes Symptoms scarcely to be distinguished from those of an apoplectick Fit, to expel these Troops of noxious Matter and free the Head from their dangerous Incurfions, bleeding with Leeches at the Temples or with the Lancet at the Arm, or rather by Cupping-Glasses at the Shoulders in a moderate Degree, shaving the Head and applying to it a vesicatory or blistering Plaster, Blisters likewise to the Arms and Legs, and warm active Paisters well charged with *Euphorbium* applied to the Feet, with sneezing Powders, purging Remedies, such as two Ounces of *Tinctura Sacra* with Syrup of Buckthorn an Ounce, and internal, warm, and generous Medicines may all in their Turn be given to great Advantage; for by the Instigation and quickening Force of these, the expulsive Faculty of those, and the animating Nature of others, these Symptoms are often happily relieved.

Sometimes this Disease in its last Stage affects the *Thorax*, and the Seeds of it being translated to the pectoral Muscles are so settled in their Fibres, that the important



tant Function of Respiration is much impaired and interrupted, whence proceeds the laborious and unequal Breathing that accompanies a confirmed dry Asthma; and therefore this may be reckoned one of that Species, for the noxious Matter that constitutes this Disease, thrown upon the Organs of Respiration and fixed and impacted in the motive nervous Fibres, do as much disable them from doing their Duty as when their Tone is relaxed and enfeebled by scorbutick, hypochondriacal, and hysterick Distempers: Nor is it an easy Task to dislodge and expel the Gouty Impurities from their Settlements in those Parts. The Medicines of the greatest Efficacy for this Purpose are these.

*Take two Ounces of Tinctura Sacra, with a Scruple or half a Drachm of compound Spirit of Lavender, or take half a Drachm of Pil. Ruffi once in four or five Days, and in the intermediate Days Pills formed of some of these Ingredients, Galbanum, Myrrh, Extract of Enula Campana, Assa foetida, Flowers of Sulphur, Flowers of Benjamin, Root of Snakeweed, Gum Ammoniack, &c. as likewise Tinctures and Infusions of any of these Roots or Gums.*

As likewise large Vesicatories, or one of smaller Size to be long kept open. These Remedies that are endowed with Virtue to open, enter, and penetrate the minutest Pores and Passages of the muscular Fibres, and so to free them from obstructive Particles and noxious Concretions, are the most proper to relieve the Organs or Instruments of Breathing when oppressed by the Gout. But having discoursed at large on the different Species of Asthma's and the Method of Cure, in my Treatise of Consumptions, I shall say no more in this Place, but refer the Reader to that Book for fuller Satisfaction.

It is chiefly in this last Stage of the Gout that the Joints, oppressed by the continual Accumulations of new chalky Concretions, are disfigured and distorted with large Knots and Protuberances, which swell to such a Size that they break thro' the Skin, and one after another issue out; for the Blood being now highly depraved and vitiated is so impregnated with these irregular and degenerate Particles that the arterial and venal Tubes, as well as the nervous Ducts, are filled entirely with petrifying Streams, which casting off incessantly in their Circulation their gritty and cretaceous Contents on the Joints, produce there great Inequalities and Tumours that deform



deform and torment the Parts. Though it must be acknowledged that often in this Case the exquisite Pains of this Disease are much abated, if not quite extinguished : For the great Quantity and acute pungent Angles of the chalky or sandy Matter, having by repeated Insults for many Years torn or eat away the sensible Membranes in which they were included, by this Disruption and Waste of those Organs of Feeling the Torment ceases in great Part and the Joints are eased by their own Ruin : And now this painful Distemper by long Continuance gives but little Suffering if compared with the Tortures it before inflicted.

It is true the Patient becomes a Cripple and disabled for local Motion, is carried up and down sitting in his Chair, or at least supported by his Crutches, yet notwithstanding his Legs are useless and the Tendons of their Muscles are often shrunk and contracted, the superiour Regions of the Body in many Patients are hail and healthful, the *Abdomen* and its Contents are free from Symptoms, the Breath is large and equal, the Head little affected, and the intellectual Faculties sound and strong, and clear as before in a healthful State : A great Compensation this for the Disability of the inferiour Limbs.

As to the Recovery and Cure of the contracted Muscles, which often happens in this last State of the Disease, if the Case is not grown incurable, as well as the Dissolution or Extirpation of the knotty and hard Protuberances and Quarries of chalk Stones, the skillful Surgeon must be apply'd to. And as to Medicines and Food, such a Method must be pursued as is before set down, nor should the Use of generous Wine in a moderate Degree be discontinued.

*Of an Arthritis Scorbutica Vaga,  
that is, a Scorbutick Wandering  
GOUT.*

**A**S before I have expressed my Opinion, that the Scurvy, to which Word we have no distinct and determinate Idea answering in the Mind, and is therefore incapable of being defined and discriminated from other Distempers, is not one Disease *sui generis*, but consists in a Collection or Accumulation of various Symptoms that belong to other chronical Distempers, whose unripe and unfashioned Seeds and Rudiments are yet in Embryo, and have not acquired such a State of Maturity as to discover distinctly what Class  
or



or Denomination of Distempers they are to be ranged under; so I am much inclined to believe, that when those Gouty Principles, that produced in their infant and immature State, the Symptoms then called Scorbutick, when they proceed in their Growth and are advanced nearer to a finished State, but are however by some Defect or Impotence of Nature incapable of being separated and thrown off on the Joints to make a regular Fit of the Gout, are often deposited on other Parts of the Body, and cause there what we call a scorbutick, wandering, running, or wind Gout, for it is expressed by those different Appellations. And therefore this Distemper seems nothing else but an incomplete Production of Nature intending to form a regular Gout, but unable to accomplish its Design by discharging the Matter in full Paroxysms on the Joints it is obliged to deposite it, immature as it is, on the various Parts of the Body that are most dispos'd to receive it; and if the Word *Scorbutick* is not to be understood in this Sense it is to me a dark and unintelligible Phrase.

This vagrant and unconfined Distemper, being, as I said, nothing else but an imperfect and unfinish'd Gouty Matter not sufficiently prepared for being expelled and cast off on the usual Repositories or Re-

ceptacles of the Joints, is carried from Place to Place, and affects the Limbs with great Pains : It has not however, at least not usually, any long and fixed Abode, but the noxious Impurities are resum'd by the circulating Fluids, washed away and removed to another Habitation ; and therefore it is called, as I have said, a running Gout : And as it affects the external Muscles of the Body where it is lodged, with great Sufferings, so it likewise often causes transient Pains and often more lasting Tumours in the Joints, though not with Fits and Paroxysms like a genuine and perfect Gout.

The Method of Cure in this Distemper must be framed in Conformity to the Notion of its Nature ; and since it is constituted of Materials that would have produced a formal and perfect Gout had Nature been able to accomplish her Intention, it must follow that those Remedies will be most proper that are most prevalent in a recent Gout, prescribed in the First Part of this Writing, to correct and reduce the Seeds of this Distemper, and by this Means to prevent the Frequency and Fury of the Fits in that State. And this vagous, running Gout bearing so great a Resemblance and Affinity to what is called a Scorbutick Rheuma-



Rheumatism, if indeed it be not the same Thing, that I shall refer the Reader to a more distinct Account of the proper Method and Medicines to be used in this Case, 'till I come to speak on that Subject.





## S E C T. V.

*Of a RHEUMATISM.*

Near Relation and Similitude must be allowed between the Gout and a Rheumatism, both being Deviations from a regular and healthful Constitution occasioned by slimy Impurities or yet harder Coagulations in the Blood and nervous Juices, which Nature unable to digest and convert into Nourishment throws out upon the Joints or deposits in the Habit of the Body, whence Swellings and painful Sensations afflict the Parts, where the noxious Humours take up their Lodging.

Of this Distemper there are two Species, the acute and chronical. An acute Rheumatism is one Sort of inflammatory Fevers,



Fevers, in which the perverted and inflamed Matter is discharged upon the Joints or external Muscles of the Limbs, as in Peripneumonies and Plurisies it is cast on the Lungs or the lateral Parts of the *Thorax*, in *Anginas* or Quinsies on the Membranes of the Gullet, in an *Erysipelus* or St. *Anthony's* Fire on the Face or other Parts, in the Small-pox on the Surface of the Body, that are all Fevers of the inflammatory Kind, whose general Nature consists in the excessive Heat and Ebullition of the Blood occasioned by the immoderate Exaltation of the oily or sulphurous Principles, by which these Fevers are distinguished from the putrid and malignant, where those Principles are so far sunk and depressed, that they are unable to perform their Office in the animal Economy, and preserve a Balance in the active Powers, of which I have discoursed at large in my Book of the Plague and malignant Fevers. The several Species of the inflammatory Kind have their different Denominations from the Parts of the Body on which the viscous Coagulations separated from the Blood are deposited, as appears by the Enumeration of them made before; and an acute Rheumatism is so called from the Afflux of such inflamed slimy Matter not convertible into

Nourishment upon the Joints or external Muscles.

It is almost constantly observed, when the Blood of these Patients is let out of their Veins it coagulates at the Top, and forms there a thick, tenacious, sily Skin of a Buff Colour: Thus it is when it springs from the open Vein in a free continued Stream; though when it flows slowly and dribbles down the Arm from the Orifice, or is stirred about in the Cup that receives it, and so mingles with the ambient Air, no such tough yellowish Skin appears on its Surface; whence it is reasonable to judge that while the liquid Mass is hurried round in its Channels, and is well mixed by its constant circular Motion, it is more uniform and less coagulated. But from this Observation, that it turns sily when let out of the Veins as well as from that of its producing inflamed Tumours in the Joints of the Hands and Feet, it is evident that the Blood in this Distemper abounds with slimy and tenacious Parts, by which, when cast out from the animal *Regimen* such Effects are produced.

The Cure of this painful Disease, that arises from the licentious and exorbitant Power of the fiery Particles of the Blood, that breaking the natural Harmony, Connection, and Subordination of the constituent



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tuent Parts introduce a feverish Disorder and Confusion will evidently depend upon the Taming and Reducing of the inordinate Force, and restraining the seditious unruly Motions of the Sulphurous or Balsamick Principles, and bringing them down to their native and peaceful State; and this will be effected by evacuating, diluting, and refrigerating Remedies. Frequent bleeding at the Arm is demanded to twelve or fourteen, and in robust Constitutions to sixteen Ounces, which ought to be repeated every Day or every other Day, as the Violence of the Symptoms requires, and the Strength of the Patient will bear. If Bleeding reiterated to four or five Times does not relieve the Patient, that Operation is not to be pushed farther, lest it should so far exhaust the Spirits and weaken the Force and Structure of the Blood, as to make the Patient obnoxious to future chronical Distempers.

And a more cautious Regard ought to be had to this Admonition, in as much as sometimes a distinct malignant Ferment lies concealed and complicated with the inflammatory Impurities, and appears, as usually it does in putrid Fevers, about the Ninth Day from the Decumbiture of the Patient; in miliary Eruptions in the Neck and Breast, which continue six or seven Days before they arrive at a State of Maturity, and  
from

from the Beginning of this Eruption the inflammatory Fever ceases and the malignant proceeds; as is evident from this, that the full, hard, and vibrating Pulse is reduced and becomes feeble and swift, with the other Symptoms which use to accompany this Distemper. Now Bleeding oftner than four or five Times before the ninth Day, if such a putrid Fever with miliary or Rash-like Eruptions does after shew itself, such Bleeding may be immoderate, and prove fatal by exhausting the Vigour and Spirits of the Patient, and disabling Nature from struggling with the other more dangerous Fever. And if the Physician has Reason to suspect such a latent Enemy, Bleeding should be more sparingly used, and diluting Remedies more plentifully indulged: And this Plying the Blood with attempering Liquors is of great Benefit to the Patient; while it reduces the Ebullition, extinguishes the Flame, and attenuates and dissolves the tough and slimy Combinations, and moderates the Fury of the exorbitant Sulphur. This advantageous Dilution may be performed by taking plentifully of Posset-Drink of Lemons, or Dandelion, or Whey, thin Water-gruel, Panada, or Chicken Water; and as to cooling Medicines these that follow are proper.

*Take*



Take of *Diascordium* half a Drachm, of *Conserve of Leaves of Lajula*, (i. e.) *Wood-Sorrel* a Scruple, of the *Stone of Contrayerva* and *Sal Prunelle* each six Grains, of *Saffron* three Grains, and make it a Bolus with a sufficient Quantity of the *Syrup of the five opening Roots*, to be given once in six Hours, drinking after it a Quarter of a Pint of the following Decoction a little warm.

Take of *Couch Grass*, *Roots of Dandelion*, *Asparagus*, *sweet Fennel* and *Sorrel* each half an Ounce, of *Seeds of Lettuce* and *sweet Fennel* each a Drachm and half; boil all in three Pints of *Spring Water* to a Quart, strain it, and add two Drachms of *Sal Prunelle* or *purified Nitre*, three Ounces of the *Syrup of the five opening Roots*, and of *Plague Water* two Ounces. To be drank a little warm after each Bolus, and at other Times at Pleasure,

*Volatile Salts*, such as *Spirit of Harts-horn*, *Dr. Goddard's Drops*, *Sal Volatile Oleosum* given often in any convenient Liquor to twenty five Drops at any Time are

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are beneficial, not only as they stimulate the languishing Spirits and impart new Vigour and Refreshment, but likewise as they incide and attenuate the viscous and slimy Complications, and restore in some Measure the Blood to its proper Mixture and Constitution.

But if this inflammatory painful State, notwithstanding previous Bleeding and a sufficient Drinking of attempering and diluting Liquors, as well as refrigerating Remedies and cooling Clysters frequently ejected, is protracted to fourteen or fifteen Days, then the Use of Bleeding must be suspended, and Vesicatories may be applied to the Arms and Legs, and a gentle laxative Remedy may be administered and repeated in four or five Days, such as this.

*Take of Leaves of Senna four Scruples, of fine Rhubarb two Scruples, boil them in a sufficient Quantity of Spring Water to three Ounces, strain it and add of solutive Syrup of Roses and Manna each half an Ounce; make a purgative Draught.*

It is very certain that the great Pains and obstinate Wakefulness and Inquietudes require the Use of pacifick Remedies. Dr. Sydenham forbids the Use of these  
Opiates



Opiates till about the fifth Day ; but, in my Opinion, he gives no convincing Reason for that Injunction, and the Apprehensions he entertains of their exasperating and augmenting the Symptoms if given sooner, do not proceed from Reason or Experience, at least are not congruous to mine, who have used it from the second Day, not only without Detriment, but with Advantage. If a Clyster of Milk and Sugar be administer'd in the Afternoon, this composing Draught may be given with Success, and afterwards repeated, as the pressing Symptoms shall demand.

*Take of Milk Water and black Cherry Water each an Ounce, of Plague Water half an Ounce, twelve Drops of Liquid Laudanum, and half an Ounce of Diacodium ; mix them for a Draught to be taken about Nine or Ten at Night ; and half the Quantity of such a Draught should stand in readiness to be given after Midnight, if Rest and Ease be not procured by the first Dose ; which Observation should likewise be attended to at other Times.*

If the obstinate Inflammation does not yield, but eludes the Force of the Method  
3 and

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and Remedies I have mention'd till three or four and twenty Days, the Use of Ass's Milk, with correcting Alkaly Powders, such as Crab's Claws, Coral, Pearl, &c. is advisable; and in Case the Fever and painful Swellings still prevail, then Bleeding once in five Days in a small Quantity after a Discontinuance of eight or nine Days, may be renewed and repeated as the Patient's Strength will bear.

This Inflammatory Matter of this Disease is, like that of a recent Gout, vagous and itinerant, often shifting from Place to Place and from one Joint and Limb to another of the same or the adverse Side.

Sometimes an original, simple or putrid Fever is complicated with the Inflammatory Impurities, and then great Pains in the Limbs and Swellings in the Joints accompany the Distemper, which from the Mixture and Adhesion of Inflammatory Matter, is called a Rheumatick Fever; and therefore the Method of Cure must contain Medicines blended together, that regard the Inflammatory, as well as the Malignant Nature of the Disease: And then after the following Bolus a Draught of the cooling and attempering Decoction before set down is very proper to be taken.

*Take*



Take of *Diascordium* half a Drachm, of the Conserve of Leaves of *Wood-Sorrel* a Scruple, of *Galcoign's Powder* and *Lapis Contrayerva* and *Nitre* purified each half a Scruple, of *Saffron* three or four Grains, with Syrup of the five opening Roots; make it a Bolus to be given once in six Hours, drinking after it of the Decoction above-named a quarter of a Pint a little warmed.

The Volatile Spirits before-mention'd may likewise be taken in the intermediate Hours. Vesicatories are likewise proper in this Case, as well as in a simple Rheumatism at the latter End, when the Symptoms require it.

This acute Rheumatism approaches near to the Nature of the Gout; for it agrees with it in its painful Inflammatory Swellings of the Joints, and in removing from one Foot or Hand to the other, while it differs in this, that it is attended with a constant uninterrupted Fever, till the Declination, which usually happens about a Fortnight after the Seizure, tho' sometimes it is protracted many Days longer; nor is it made up of such Remissions and Exacerbations, or which constitute one entire Fit of the Gout; nor is it, like that, apt to return  
fre-

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frequently after Intervals of Health; for tho' it may return after Cessation of some Years, yet it seldom does so more than once.

*Of a SCORBUTICK RHEUMATISM.*

**A**NOTHER Species of a Rheumatism is what is commonly call'd Scorbutick, which is a Chronical Distemper not accompanied with a Fever. It produces great and lasting Pains in the Limbs, and frequently puffy or flatulent Swellings in the Joints, but rarely Inflammatory; whence it is called Scorbutick: And it often changes its Lodgings and wanders from Limb to Limb whence it has the Appellation of unsettled or vagrant; and so it is coincident with what is called Arthritis Scorbutica Vaga, and seems to me to be the same Distemper or but little different, which I thus account for.

The Scurvy is, in my Opinion, which I have been often obliged to mention, nothing else but an Aggregate or Collection of the various Symptoms arising from the growing Seeds and Rudiments of other Chronical Diseases, especially the Gout: Scorbutick being an unsignifying Appellation given it by Physicians, till it ripens into a Dropsy, Jaundice, Stone, Pthisis, &c. and  
till



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till then it has no determinate Idea, nor is one simple Disease, but all its Symptoms arise from the Efforts of the crude Principles and Materials of other Distempers that have not unfolded their Nature, nor displayed their Properties so fully, as to be distinguished by their proper Name. And here I must declare, that, in my Judgment, what is called a Scorbutick, wandering Gout, is nothing else but the Seeds of a proper Gout, that Nature has, by a long Labour, been striving to bring to Perfection, but without Success; and not being able fully to form the Gouty Matter, and prepare it for Exclusion on the Joints, by a compleat Paroxysm, is forced to leave it in the Habit of the Body, where it produces this Arthritis Scorbutica Vaga, or Scorbutick Rheumatism, that, as I judge, are the same Distemper: In which Opinion I am the more confirm'd by this Observation; that after several Years this Disease has at length terminated in a perfect Gout in all its genuine Forms, as I have seen in several Instances.

Now, as I promised, I will here set down the Method of Cure. Bleeding and lenient Purgative Medicines often repeated are beneficial, and as for correcting and alterative Medicines to subdue the Impurities and irregular Ferments of the Blood, and restore

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its due Crasis or Temperament, the following Remedies may be prescribed with Advantage.

*Take of Conserve of Roman Wormwood and Orange Peel each an Ounce, of compound Powder of Arum and Cinnamon of Antimony each three Drachms, Salt of Wormwood and Powder of red Coral of each a Drachm, of simple Crab's Claws powder'd a Drachm and a half, of Saffron half a Drachm, of Virginian Snake Root four Scruples, of Syrup of the five opening Roots as much as will make an Electuary; take the Quantity of a Chestnut every Morning and Afternoon about Five or Six a-Clock, and drink after it a quarter of a Pint of the following Decoction.*

*Take of Roots of Asparagus, Dandelion and Sorrel, sweet Fennel and Butterbur each six Drachms, of Seeds of Rhue, Coriander and Burdock each a Drachm, of Tops of the lesser Centaury a Pugil; boil them in three Pints of Spring Water to a Quart, strain the Liquor, and add to it three Ounces of the Syrup of the five opening Roots, and two Ounces of*



Of a Scorbutick Rheumatism. 131

of the compound Water of Horse-radish.

The Juices commonly called Antiscorbutick, are likewise very useful.

Take of the Leaves of Watercresses, of Brooklime and Garden Scurvy Grass each four Handfuls, pound them together in a Mortar and press out the Juice; add to it five Ounces of the Juice of Orange, and bottle it up, then let it stand in a cool Place for use; as the Liquor clears pour out and take three Spoonfuls in a Glass of White-Wine twice a Day.

The Juices in this manner prepared are more efficacious than if thoroughly fined and depurated. This Remedy should be continued for fifteen or sixteen Days.

But the most prevalent Remedy in these Cases, if the Temperament or Complexion of the Patient be not too hot to bear it, is the Salt of Steel, or that Metall prepared by Art in Drops or Tinctures, or by Nature in Chalybeat Mineral Waters, such as those of the German Spaw, Tunbridge, Islington, Hampstead, &c. and how they are to be taken is set down before.

### 132 *Of a Scorbutick Rheumatism.*

Moderate Exercise, by Walking and Riding, must be recommended as very Beneficial. But it should be observed that those Scorbutick Symptoms are chiefly relieved by these Remedies that arise from the growing Seeds of the Jaundice, Dropsy, Consumptions and other Chronical Diseases, that affect either the Blood or the System of the Nerves; for if they proceed from the unripe Principles of the Gout, they generally elude the Force of Medicines, and can only be managed and palliated till they arise to Maturity, and a finished Gout appears in its genuine Forms.



S E C T.





## S E C T. VI.

*Of the KING'S EVIL.*

**S**O immense is the variety of Knots and Tumours to which all Parts of the Body, External and Internal, are obnoxious, that to reduce them to their proper Classes and assign the Limitations and essential Boundaries that discriminate and divide them, seems impracticable; and notwithstanding Physicians and Surgeons have methodized the most common and ranged them under their several Heads and shewed their Specifick and diversifying Properties, it must be acknowledged however that as this is but imperfectly performed, so many odd and surprizing Kernels and Swellings often appear to the experienced Practicer, such as

he never saw before in all their Qualities ; and therefore Tumours are divided into regular and anomalous. The first sort are such as we meet with described in Books of manual Operation, and the second such as the Surgeon meets with in his Practice of which he had no clear Idea before, and whose Number is not small.

And both sorts proceed either partly from the Errors of the Blood and partly of the nervous Juices, or wholly from the Irregularities of the Blood, or wholly from the Depravity of the nervous Juices. In the first Case the impure and incongruous Matter separated from the Blood and deposited in the tumified Part, in order to Suppuration, arises slowly to a State of Maturity, when however at length being digested it grows fit for Exclusion. The second sort of Swellings, consisting wholly of inflamed Matter thrown off from the Blood, soon compleat their Course, and come to their full Ripeness: But the third sort, formed entirely by a gradual Accretion or Accumulation of the slimy and coagulated Parts of the nervous Juices, are either incapable of coming to Suppuration or arrive at that State very late. These nervous Knots or Swellings by Congestion, as they are called, require usually a long time before they increas to a considerable  
Mag-



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Magnitude, and are either indolent and insensible, and are then called Wens, Kernels and Schirrhuses, or accompanied with Pain of various Degrees, the highest of which approaches near to a cancerous Nature, and at length frequently degenerates into that terrible Distemper.

But the Subject of the following Discourse are strumous or scrophulous Tumours, distinguished by their peculiar Properties from all others, and are named the King's-Evil, which Disease so far resembles the Gout, that it much affects the Bones and Joints, which are often, especially those of the Back and the Thorax displaced and distorted, as those of the Head are immoderately extended and enlarged by it; and by thus possessing the Bones, it sometimes corrupts and turns them to a rotten Caries, which often happens by reason of scrophulous corrosive Humours that invade them; such particularly is, white Swelling in the Knees, called Spina Ventosa, where the Matter penetrates and putrefies the Bones: And in this respect this has a great Affinity to the Venereal Evil, which when confirmed and long continued, at length converts the Body into a living Sepulchre of mouldering Bones never to be restored till the Resurrection.

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The Seeds and Principles of these two Evils, strumous and venereal, have evidently such a Similitude and Relation to each other that a Transition from the last to the first is very easy, and therefore very frequent : And this is too clearly exemplify'd in the sad Inheritance of Misery convey'd to Children by Parents who were long infected, and at last demolished by venereal Sufferings. For though, without doubt, strumous or scrophulous Tumours are often generated by Ferments and Seeds peculiar to that Disease in Persons descended from Parents entirely free from the other, yet it is highly probable, that such Swellings are in many Instances owing to impure venereal Leavings complicated with the *Stamina* of Life ; for though those unwholesome Remains have not sufficient Force to form that foul Distemper and finish it in all its Symptoms, yet though they fail and come short of this, they may, and frequently do, produce the Tumours that we are discoursing of. It is observed that since this Kingdom first caught the *French* Contagion, the Inhabitants have been more overspread by the other Calamity, that is, more deformed and disfigured as well as more afflicted by scrophulous Symptoms propagated by Tradition and derived from natural as well as moral Turpitude ; that if  
the



the Question were asked, whether this unhappy Man had sinned or his Parents, the Answer would be very easy.

And sometimes venereal Tumours so much imitate strumous, that they are hard to be distinguished from the more uniform and conglobated Kind of those Swellings.

*Of the Nature of the KING's EVIL.*

SINCE the acutest Men cannot penetrate and clearly unfold the essential Difference of this Disease, which consists in that peculiar Sort of Coagulations and Concretions that become the Seeds of which strumous or scrophulous Swellings are constituted and specifically distinguished from others of the same general Class, we must, instead of an accurate Definition, acquiesce in a more diffusive Description and Enumeration of its Properties and various Symptoms or Effects.

This Distemper chiefly, if not wholly, affects the numerous Family of the Glands dispersed every where over the Surface and internal Parts of the Body in such abundance and of such a different Size and Figure, that it has induced some ingenious Observers to think that the human Body is a Structure chiefly composed of Glands.  
And

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And notwithstanding the King's Evil is sometimes found in all the other Parts, the Membranes, Muscles, Tendons, Bones, &c. yet, as I have said, it most usually possesses the natural Knots or Kernels, which we call Glands, nor does it only make a Settlement in these spongy Substances that are formed by Nature for great Services; but it often produces in various Places new and adventitious Glands, which as I have sometimes seen, have been plentifully dispersed over the Surface of the Body.

Scrophulous Tumours are formed like others by gradual Accretion, that is, the morbidick viscus Coagulations mingled with the Blood becoming incapable by Reason of their disproportionate Figure and Dimensions to insinuate themselves, and glide peaceably through the minute and winding Ambages of the Glands, are obstructed in their Passage and stick fast in the Pores of those fine Strainers, and by the perpetual Addition of new tenaceous Combinations peculiar to this Disease, the Tumour is much augmented, and grows more prominent. It exceeds, as I said before, the Penetration and Capacity of human Understanding to unravel and display these anomalous Cycles and Convolutions proper to strumous Swellings, and set their Nature and Constitution in a clear and distinct



stinct View; it will however receive some Illustration, if it be consider'd how near they are allied to those that produce Gouty and Venereal Symptoms.

As to the first, It is evident that as slimy Complications and Concretions produce knotty Obstructions in the Joints, so the King's Evil by coagulated slimy Impurities often possels the same Parts, and afflict them with hard Tumours and obstinate Ulcers. And as to venereal Sufferings the Affinity between them and the King's Evil seems yet nearer, not only in respect of the Swellings that are the Effects of each, but likewise in this, that each of these invades and corrupts the Bones, and makes them moulder and rot away; and indeed their genuine and native Principles are so near alike, that when the venereal Evil, communicated from Parents to Children degenerates, and getting out of its proper Class, changes its Nature and Denomination, it frequently assumes the Properties and Appellation of the King's Evil, and appears in a terrible Train of scrophulous Symptoms, which, as they approach nearest to the Disease last named, and have much of it in their Mixture, are not so difficult to be cured; for these will sooner yield to the Operation of *Mercury*, whose subtil Particles more easily

ly penetrate the Glands, unlock the complicated viscus Matter lodged there, and breaking through free the Passages from the obstructive Coagulations. This at least is true, that strumous Swellings formed by slimy and tenaceous Impurities peculiar to the King's Evil will not be dissolved so readily, if they yield at all to mercurial Remedies, as those that partake of a considerable Portion of the other Distemper. And therefore it is easy to believe, that after the venereal Evil, which is not originally of *English* Growth, was imported from abroad and propagated its virulent Infection through the Island, severely chastising the Vice by its own sad Effects, grievous Pains and Marks of Ignominy, the King's Evil, as remark'd before, has greatly prevailed and spread its Contagion among the Inhabitants: And this evidently shews a great Similitude of Nature and Properties between these two Distempers.

The King's Evil obstructs and swells the exterior Glands in various Places, the Feet, Ancles, Knees, Hands, Arms, &c. but chiefly those in the Neck and beneath the Ears, where dilating and extending the Glands it forms numerous Swellings of various Size and Figure. This Disease however is not confin'd to these Parts, but is  
likewise



likewise often found in almost all the Organs of the Body. In the Eyes it creates Inflammations, in the Eye-lids great Soreness and small Ulcers, as likewise in the Angles of the Eye a *Fistula Lacrymalis* by ulcerating the Gland planted there for Percolation of Tears, in the Lips excessive and preternatural Thickness, in the Nose it often creates the crusty Ulcer called *Ozæna*, all which, except the last, are often the Fore-runners of this Distemper antecedent to the great Swellings and foul Ulcers which appear in its maturer State.

Nor does this scrophulous Humour less infect the internal Glands, especially those of the Mesentery and the Lungs, where the Knots and Kernels arising in the first by obstructing and vitiating the Blood and nervous Juices in their Passage lay the Foundation of several chronical destructive Diseases, Jaundice, Dropsy, Cholick, hypochondriacal and hysteric Affections: And in the last these strumous Coagulations and slimy Impurities incapable of flowing freely thro' that spongy Labyrinth of minute Tubes are caught and entangled in their Passage and fill the Lungs with Knots or Tubercles, which often ripen into a fatal Consumption; and this strumous Pthisis or Tabes of the Lungs is perhaps more frequent

quent than is imagined; for tho' a Consumption is often introduced after Spitting of Blood, when the lacerated or divided Vessels, whence it issues, fester and corrupt and infect the neighbouring Parts with Putrefaction, yet the most common, as well as the most swift and fatal Consumption, proceeds from the Obstruction of the Glands there, which very frequently happens from scrophulous Concretions lodged in those fine Strainers. And of this Kind I have discoursed at large in my Treatise of Consumptions.

Nor are any other Glands of the Viscera and Intestines always exempted from these Tumours, which often suppurate, and break and prove destructive in the Mesentery and Intestines. Of this I have seen several Instances, and many more may be found in the Authors that have written on this Disease.

*Of the Species or several Sorts of  
this Distemper.*

**S**Crophulous Tumours, especially those of the Neck, are under different Respects divided into simple and complicated into moveable and pendulous, or fixed and unmoveable. The first of the last mentioned



tion'd are free and loose, the second are deeply entangled and interwoven with the Muscles of the neighbouring Parts, and while they closely adhere to them, are with great Difficulty, separated from their Embraces. The Figure of a strumous Swelling is either uniform, round or oblong, or an uneven and unequal Superficies, being composed of many small distinct Kernells, and is not so properly one Tumour as an Aggregate and Collection of many, like a Cluster or Bunch of Grapes. These Swellings are likewise accompanied with Inflammation and Pain, or are indolent and not inflamed: The former sort consist likewise in a Portion of Blood blended with depraved and coagulated nervous Juices, and there cherished by an Access of Heat will soon ripen and come to suppuration, and therefore bears a great Resemblance to a Phlegmon. In respect of the Touch they are distinguished into harder and softer: the first are constituted wholly of vitiated and impure nervous Juices; the latter usually contain a Mixture of Blood with that degenerated Liquor, whence it is sooner capable of being digested. But the hardest Sort are by Degrees more indurated and often degenerate into a Schirrus, which is a hard Swelling without Pain; but if it

*grows*

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grows painful, it often contracts the malignant Qualities of a Cancer.

Some of these Strumas are original and independent on any impure Principles but their own; and some have a derivative Production, being introduced by other Distempers. Some are formed by the indigested Remains of a Fever collected into one Part, as a Boil or Phlegmon is constituted of the inflammatory Leavings of the Small-pox, which to depurate and fine the Blood from its Dregs, are thrown off upon the outward Muscles. They succeed also Defluxions on the Lungs and other Diseases. These Tumours are also swift, or slow; those arise from a sudden Fluxion of Humours, and these from a gradual and long continued Accession of strumous Particles to the Place affected.

These Swellings appear in great Varieties of Figure, occasioned by the Diversity of Shape in those Glands where the strumous Matter makes its Settlement.

### *Of the Method of CURE.*

**I**F the Patient be not advanced far in Years, if his Constitution be otherwise hail and healthful, if his Bowels are firm and sound, the Tumour single and not a Congeries



Congeries or Collection of many distinct Glandules, and if it contains partly inflammatory Matter communicated from the Blood, the Cure may be attempted with great Hopes of Success.

The proper Remedies to be apply'd are either internal, to change and subdue the strumous Complications generated in the Blood by attenuating, diminishing, and dissolving those viscous Parts, and restoring its due Consistence and Fluidity, that it may percolate through the Glands without being entangled and stopped in their Pores, or External and Topical Applications to dissolve and discuss, or digest and suppurate, or totally remove and eradicate the indurated Matter, that will not yield to other Remedies: The first requires the Skill of the Physician, and the second the Art of the Surgeon.

The Internal Remedies, which are required on the Physician's Part, are such as are apt to attenuate and dissolve the renaceous Combinations and Concretions, that are the Seeds and impure Principles of this Disease, and that are capable by their subtile and active Quality to penetrate and unravel the strumous Clues and Kernels collected in the Glands, or between the Muscles, or adhering to the Tendons. But all such fine and insinuating Medicines;  
L that

that are useful in opening and discharging other Tumours are not beneficial in removing these, but those only that have a Virtue consisting in their peculiar Size and Figure to pass thro' the Pores of these amplified Glands, untie and disengage the entangled and involved Knots, and free the Passages from the stumous Concrescencies, that obstruct them; for let the Medicine be ever so subtile, refined and insinuating, yet if the Particles of it are not of a Shape and Dimension adapted to the Inlets and Pores of the distemper'd Glands, and are therefore unable to enter and pervade them, they cannot in the least be useful in this Disease. Of the various Medicines then endowed with an Activity and Penetration those are to be selected by the Physician, that by Experience are found peculiarly qualified for piercing and working their Way thro' the obstructed Glands, by unclasping the Holds and breaking off and separating the strict Embraces of the slimy Combinations that stop their Meshes, and reducing them to their healthful Figure and Dimensions. But tho' we find a great Number of Remedies recommended under this Character by the Writers on this Disease, yet there are none of them on whose prevalent Specifick Virtue the Physician can



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can certainly depend; the most celebrated Alteratives are these that follow. Ashes of burnt Sponge, Ashes of Vipers, Roots of Emula Campana, Sword Grass and Orrice, Decoctions of Salza, Lignum Vitæ, Sassafras, Filipendula Scrophularia, Leaves of Scabious and Agrimony, Flowers of Betony and Rosemary, &c. Root of China the three Saunders, Millepedes, Earth Worms, the Wood Drinks mixed with Aqua Calcis, that is, Aqua Benedicta Composita, Salt of Steel, or Steel prepared with Tartar or dissolved in Mineral Waters, and therefore called Chalybeate, Sulphur, Mercury, Æthiops Mineral, Cinnabar of Antimony native or factitious, Juice of Rhue and of Rock Rhue, &c.

All these are with me of little Value, except crude Mercury or some Preparations of it, Chalybeate Salts prepared by Art, or dissolved in Mineral Waters, Millepedes and Flowers of Sulphur, which I have prescribed in this Distemper with good Success. But to be more particular.

If the strumous Tumour be simple and not complicated, that is, a Cystis or Bag, containing a Nest of many coherent but distinct Kernels, if it be round, protuberant, uniform and of a white Colour, and is not fixed, it may be cured, as said above, without great Difficulty, if taken out by Inci-

sion, and if not deeply fixed, it may be brought to a Suppuration by proper Applications, and such are those, that are mixed with Blood, and therefore apt to be inflamed. But those, that are a heap of complicated Kernels, and of an unequal Figure, or are lodged deep among the Tendons and Muscles, are of more difficult Cure; tho' sometimes they too likewise yield either to digestive or discutient Remedies, if the Patient is otherwise of a sound Constitution and willing to undergo a Course of Medicines. And sometimes this Evil, tho' accompanied with great Symptoms, grows gradually milder, and after several Years by the Force of Nature, especially by the Change it undergoes from the new Ferments and more active Principles in a State of Puberty, is at length wholly subdued, as it often happens to Children as they advance in Years; and then they are said to out-grow the Distemper. When the Cure is attempted, the first Endeavours should be to discuss and dissolve the collected Humours; and in order to this, letting of Blood, by which the Vessels being in some Measure empty'd, may be capable of resuming and entertaining the strumous Matter before excluded and left out of the Roads of Circulation. For this end likewise frequent Purging is very proper to sollicit and  
derive



derive the scrophulous Contents from their Nests. The Forms of the Purgative may be these.

*Take of Pilula Coch. Maj. extract Rudii of each half a Scruple, Pilula ex Duobus six Grains, Calomel a Scruple, Saffron two Grains with the Balsamick Syrup; make it a Mass, and make it into four or five Pills for one Dose to be taken early in the Morning with Regimen, and repeat them once a Week for four times. Or,*

*Take of Conserve of red Roses a Scruple, and twelve Grains of Calomel, and make it a Bolus with any convenient Syrup, to be taken at Night and purged off the next Morning with the Pills before set down, only leaving out the Calomel, or else with the following Draught.*

*Take of Leaves of Sennathree Drachms, of Rhubarb a Drachm, boil them in a sufficient Quantity of Spring Water to three Ounces, strain the Liqueur, and add to it half an Ounce of Manna and an Ounce of Syrup of Buckthorn, to be repeated after the same manner.*

But it must be observed that the Quantity of Calomel must be only half so much as that set down, when given to Women; for in their more tender and delicate Constitutions, especially if obnoxious to Hysterick Affections, that Medicine will sometimes raise a Salivation in all its Forms, tho' it is mixed with Purging Medicines, by which, in my Practice, I have been surprized more than once. The safest and most effectual way to use Mercury in this Disease, in which it is a celebrated Remedy, as well as it is, tho' in a higher Degree, in Venereal Diseases, to which it is so near a Kin, is that which I have just before-mention'd.

Vomitives Medicines are likewise very beneficial in this Disease, especially in the Cases of young Persons: For this Purpose a proper Quantity for the Age of the Patient may be prescribed of Oxymel, or Wine of Squills, of the Indian Root, Tartarum Emeticum, &c.

The Juice of Rhue in younger Persons taken twice or thrice a Week for a Month has proved advantageous; and since almost all Remedies useful in Venereal Diseases have likewise a good Effect in this, Vomits procured by Mercurial Preparations given in a fit Proportion, which dissolve, dissipate and remove Venereal Tumours, may have the like Efficacy in curing those



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of a scrophulous Nature, especially if they have any Seeds of the Venereal Evil mix'd and complicated in their Composition, and, as I have said above, owe their Production to a Transmutation of that Distemper.

As to alterative Medicines, the Juice of Garden Rhue, as said before, is beneficial, so is that of Rock Rhue or Wall Rhue, in Latin *Ruta Muraria* given in Proportion to the different Age of the Patient. The Flowers of Sulphur, as above-mention'd, have, in these Cases, a good Effect by opening and unlocking the strict Combinations of the irregular and incongruous Matter and loosening the Embraces of the slimy and tenacious Kernels. Steel prepared with Tartar or the Salt of Steel by itself or in Drops, Tinctures and Infusions prepared by Art or dissolved by Nature in Chalybeate Springs, that in general are endowed with great Virtue to remove Obstructions and restore a due Crasis or Temperament of Blood are found by Experience to contribute, as well to the Diminution of scrophulous Swellings, as to the correcting and subduing of their distant antecedent Causes, that is, the impure Humours in the Blood and nervous Juices, and so preventing the Generation of new Kernels. A vast Number of other Medicines are recommended by Physicians and

Surgeons, that have written on this Subject, as endowed with a peculiar Efficacy for conquering this Distemper, some of which I have enumerated before, such as the Ashes of burnt Sponges, the Decoctions of Scrophularia Filipendula, &c. and of Sarsaparilla, Lignum Vitæ, China and Sassafras, which, I suppose, arises from their Opinion, that these drying Woods are very profitable in the Venereal Evil, to which this Disease, as I have said, has a near Affinity. But as I am of Opinion, that the Decoctions of these Woods called Diet-Drinks, are of little or no Use in the first, notwithstanding they have been drank to an immense Profusion in this Kingdom, since that pernicious Disease prevailed among us, so I believe their Ingredients are insignificant Chips, when directed for the Cure of the last, excepting however, that when Scrophulous Tumours suppurate and become running Sores, they may, especially if mix'd with a third Part of Aqua Calcis, be taken to Advantage.

The Forms of alterative Remedies, that is, such as are efficacious to dissolve and diminish the knotty Matter collected in the obstructed and distended Glands, or to correct and change the Nature of the coagulated Humours in the Blood, that feed



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feed the outward Protuberances, are such  
as follows.

Take of Flowers of Sulphur twenty  
five Grains or half a Drachm, of  
Cinnabar of Antimony a Scruple, of  
Calomel three Grains, of Saffron two  
Grains, of Syrup of Maidenhair as  
much as will make a Bolus to be ta-  
ken every Morning fasting, during  
a Month, and repeat the Course af-  
ter an Interval of six Weeks.

If the Mouth should be affected and an  
unusual spitting should arise from the con-  
tinuance of the Calomel, tho' in so small  
a Quantity, let that Medicine be forbore  
till the spitting ceases, or let the Calomel  
be carried off by taking a Dose of the Pur-  
ging Pills before prescribed, leaving out the  
Calomel; for the use of that Medicine  
must not be pursued so long at any time,  
as to raise a Salivation, which is found by  
Experience incapable of eradicating this  
obstinate Disease, notwithstanding it has  
such peculiar Specifick and almost cer-  
tain Virtue to remove the Venereal Evil,  
tho' accompanied with the most grievous  
Symptoms, except Rotteneſs of the Bones.

Or

Or take of Conserve of Flowers of Rosemary and of the Leaves of Rue each an Ounce, of Millepedes prepared three Drachms, Flowers of Sulphur two Drachms, of the Salt of Steel two Drachms, of Syrup of the five opening Roots as much as will make an Electuary; take the Quantity of a Chesnut every Morning and about Five in the Afternoon, and drink three half Pints or a Quart of Chalybeate Mineral Waters after the first Dose, and half a Pint after the second.

Or Steel prepared with Sulphur or Tartar may be used instead of the Salt.

Tinctures likewise or Infusions of Steel in strong White Wine may be given with Success, drinking with them Tunbridge or Spaw Water, in the manner elsewhere directed.

In these Cases External or Topical Applications are beneficial for attenuating and dissolving of the glandulous Kernels, or bringing them to Suppuration, by which means the digested Matter may be discharged; and this happens when in the Formation of the scrophulous Tumour, as I have before observ'd, there is some Mixture of  
Blood,



Blood, tho' in an inferior Degree with the depraved Liquor of the Nerves; for then the Swellings being of the milder and more curable sort will be disposed to be inflamed and come to Suppuration; and therefore such Topical Remedies as promote Digestion and Maturation are to be employ'd. Plaisters applied to the scrophulous Swellings of the Neck, or elsewhere, are very proper; such, I mean, as will be useful in answering each Intention, that is, Discussion or Suppuration, the first by penetrating and attenuating the tenacious Matter, and the last by the cherishing Warmth of the Ingredients, whence this Consequence often follows, that if the first Intention, that is, Dissolution or Dissipation, be defeated, the last however is often procured, which is the more desirable, because it concocts, ripens and discharges the noxious Impurities, which in the other Instance return, in part at least, to the Habit of the Body.

The Plaisters that for this Purpose I believe have the greatest Efficacy, are *Emplast. Stomach. cum Gummi* well charged with *Euphorbium* or *Emplastrum de Ranis* with double Mercury.

But this is the proper Province of the Surgeon, who when he has brought the Tumour to this ripe State, if nothing forbids the Operation, will let forth the concocted

cocted Contents and heal the Sore. But one Caution must be suggested, that all yielding to the Touch or Fluctuation, especially in those Tumours that are called Conglomerate, be not looked upon as a Sign of Digestion and Maturation, for in the outward Part of such Swellings, which contain a Bunch of contiguous and distinct Glands of different Magnitude and Figure, it will happen frequently that some of the outward Glands will grow soft and tender, and tempt the Observer to conclude, that well digested Matter is contained in them; but if by the Lancet or the Caustick he opens the Skin and lets the Contents out, he will be presently convinced of his Error, when he sees only a crude, thin, and Sanies-like Liquor issuing from the Swelling, instead of the ripe digested Matter, which he expected, and then the Sore, after a long Time and much Labour, will, with great Difficulty be healed, if it ever be so; and it is observable, that when a few of these outward Glands near the Surface shall become soft, and include Ichorous and indigested Liquor, the greatest Part of the Bunch that lye underneath shall continue hard and altogether undissolved.

It is true, that the scrophulous Tumours, as said before, that are most protuberant, simple, round, and uniform, being filled  
 to 300 with



with the mildest and least malignant Contents, with some Mixture of Blood, are most easily dissipated or brought to Suppuration by the Power of Art or Nature, but I have known however that other Swellings consisting of an Assemblage of various Glands, that are called Tumours by Congestion, and are formed only by the depraved Juices of the nervous System, have been so much sunk and diminished particularly in the Neck that they have no longer been troublesome nor the Occasion of Deformity; and this I have seen effected by the Use of sulphurous and mercurial Medicines taken by the Patient in the Manner above prescribed.

But for the greatest Part these scrophulous Swellings produced wholly by the viscous Parts of their degenerate nervous Humours, that incapable of flowing freely through the Passages of the Glands obstruct and distend them, and not only consisting of more depraved and perverted Humours, but likewise being more closely connected, are more obstinate, and elude the Force of Nature, and the Virtue of Medicine. And in these Cases, when the knotty Materials are so strictly combined that their Pores and Interstices become so minute and strait that the most subtil, active, and penetrating Remedies, either internal  
or

or external, cannot enter or pervade them, there is no other Way left but Extirpation by actual or potential Cauterics. For as this is sometimes done by the gradual Application of milder Causticks or Escaroticks till the whole Bunch is consumed, when the Kernels lie not too near any large Blood Vessels, nor too deep among the Muscles, so I have seen the Cure effected by the gradual Application of a red Hot Iron to a Nest of obstinate conglomerate Glands in the Neck.

And though this Way of Extirpating or gradual Destroying of hard strumous Kernels by actual Fire may perhaps be a little more painful in the Operation than by the Use of potential Causticks, it will however be at least as tolerable, considering that the hot Iron does not so much affect the Spirits, nor cause so much grievous Sickness as attends the other Method. For the Ingredients of Causticks have such a malignant and poisonous Contrariety to the animal Spirits that they suppress, vex, and afflict them for a Time like the virulent Matter of a putrid or pestilential Fever; and therefore if our skillful Surgeons would think fit to use more frequently this Method, it is reasonable to believe that many of these strumous Tumours, though by some pronounced incurable, might be safely



ly eradicated; and after several Attempts of this Nature have been made by judicious Practicers with Success, which probably will accompany the Operation, as some have experienced; this Method of Cure may be encouraged, and yet farther extended for the Benefit of Mankind.

And this leads me to speak something on the Practice of Burning or Inustion in general. As this Method was much followed by those who were skillful in the Cure of diseased Horses, as appears by the Writers *de Re Hippiatrica*, so it was a Custom well known to the ancient Professors of Physick and Surgery, who in various and very difficult Diseases found their Account in it. As they applied the actual Caustery or red hot Instrument to burn corrupt and proud Flesh, to stop the Progress of a spreading Gangrene or Mortification, to waste and consume a painful Schirrus, strumous and cancerous Glands, and to heal foul Ulcers and ill-conditioned running Sores in the external Parts of the Body, so they employ'd them to cure Ulcers in the Lungs, Diseases of the Kidneys, and hard Tumours in the Spleen; as concerning the last I have proved out of *P. Aegineta Aetius*, &c. in my *Critical Dissertation* on the Spleen. The burning Iron was always in the Fire and continually exercised in healing many Diseases

Diseases of human Bodies, which defy'd the Force of the most prevalent Medicines. *Aegineta* tells us, that this was the usual Practice of ancient Surgeons before him, who perhaps were in those Times the only Physicians. *Aegineta*, pag. 180. *Edit. Stephani*, informs us, that by an actual Caustery it was the Custom in his Time to cure an *Hernia Inguinalis*, and relates at large the Manner of the Operation.

*Aetius* affirms that this Practice was successful in curing the Knots and hard Tumours of the Joints, and declares that this was the better Way to consume and cure them, than by potential Causticks, for says he, this is performed sooner and with less Effusion of Blood; and then he describes the Manner of the Operation. The Ancients not only cured putrid Flesh and Ulcers, but likewise Wounds with the iron Caustery, so *Firmicus Matheſeos* 310. *Et Vulnera ipsa facit ignita Cauteriorum ad ustione curari*. And he cures Wounds themselves by burning them with Causteries. Hence the great Apostle of the Gentiles, to express a hardened Conscience, uses this Word, *καυτηριασμένοι συνείδησιν*, cauterised or seared Consciences. The Use of the Caustery was no less frequent among the Arabian Physicians. *Avicenn.* cap. 29. *ſeu quarta primis. Cauterizatio perutile Medi-*



*Medicamentum est*, &c. Cauterizing is a very useful Remedy: The chief Relief it brings, is by stopping the Progress of a growing Evil; what is corrupt and retained in the Members it resolves, it checks Fluxion of Blood, and gently cherishes the injured Parts: That is esteemed the best Cautey, which is made of Gold; the Reason is, as the learned Interpreter affirms, because the Inustion or burning by Gold is a milder Operation, and the Wound is sooner closed; besides Gold does not cause such Terrour and affright as a burning hot Iron. And these indeed are convincing Reasons, why the Surgeon for wasting corrupt Flesh, eradicating corrupt Tumours, healing foul Ulcers, and stanching an immoderate Flux of Blood, should rather employ the hot Iron than a vertical Caustick, and burning Gold rather than either, especially, if what I have affirmed above be consider'd, that is, that as the Operation by escharotick Medicines is longer, so the Materials of which they are compounded are of such an opposite Nature to the animal Spirits, that they affect them, as it were with a poisonous Contact, accompanied with Sickness at Heart and great Dejection, and while the Patient cannot bear the Sight and Approach of a hot Iron he subjects his Body to the consuming Force of a less sufferable,

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sufferable, though a secret and invincible Fire.

And as thus the Use of the Cautery may be propagated to most Cases, where the potential Caustick is now employ'd with great Advantage, so the Benefit of it may probably be extended to other Diseases with good Success, if the skillful Surgeon, to whom this province belongs, should think fit to make sufficient Tryals of it. It is certain that the Ancients applied it for the Cure of more Distempers, than it is used in among the Moderns, who left off, as it is probable, this beneficial Custom in compliance with their Patients terrified with the Prospect of actual Fire, while Nature started back and recoil'd upon itself at the Approach of it; and therefore they substituted in its Room a wasting corrosive Composition less frightful to the Sight, but not of a more speedy or more easy Operation. The celebrated Surgeon Mr. *Barnard*, who, as I remember, told me in Conversation, that he thought the Use of the Cautery was too much neglected, which, if the Faculty pleased, might be much improved, and that he himself used it more than his Brethren of the Society; and this learned and skillful Person was an early Promoter, if not the Inventor of the Art of curing a *Fistula Lacrymalis* by touch-  
ing



ing it with a small burning Rod of Iron. This was once thought a terrible Operation, and not to be attempted, nor is it yet generally introduced, but now however it is known to be a very safe and easy Cure.

And therefore there is the greatest Probability from Parity of Reason, that the Use of this Operation may be successful in some other Fistula's, as well as for the Wasting and Extirpating of Sarcoma's, Atheroma's, Steatoma's, a Meliceris, Wens, Bubo's, Bronchoceles, and other new and anomalous Tumours that will not yield to other Methods of Physick or Surgery, if they lye not too deep among the Muscles or Tendons.

That Surgeons may be excited to extend the Practice of the actual Cautery further, let it be considered that, as we are informed by credible Travellers, the rude and barbarous Nations of the North, not only Strangers to polite and elegant Manners, but likewise unacquainted with the Colleges of Learning and the Schools of liberal Arts, have however by the Exercise of their native Genius and Sagacity discovered this Remedy for the Cure of many Diseases; for these Travellers assure us that the Application of a hot burning Iron is in frequent Use among them for such Purposes, and sup-

plies in some Degree the Want of medicinal Art, of which they are entirely ignorant.

Upon the whole Matter I submit what I have suggested to the Judgment of experienced and able Surgeons, of whom no Nation under the Sun can shew a greater Number than this, whose peculiar Praise it is, that though they know well how to cut the Flesh or take off a Limb, when Necessity requires it, are not however always calling out for the Knife and the Saw, but with patient and discreet Delay wait for the Cure by the Application of proper Remedies; by which Means they save many Persons from being lopp'd and dismembered, who, had it been their Lot to have been born in other Countries, even that where the Natives assume with peculiar Modesty the Character of the most accomplished Surgeons in the World, had probably from the Loss of their Limbs by a too hasty and unnecessary Amputation, have been obliged to halt on Crutches, or walk upon supplemental Timber.

As the eminent Practisers of Surgery have, to their great Honour, with much Sagacity and Application, not only improved Anatomy, but likewise their Art of manual Operation in curing Diseases to the great Benefit of the Publick, so upon the

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Hint I have given they may perhaps by repeated Tryals find out the Means of advancing and enlarging their healing Art, and so become yet greater Benefactors to Mankind.

There are various Swellings common or extraordinary, that arise on the Surface of the Body or lye almost conceal'd among the Muscles, that much resemble the Figure and Properties of genuine Struma's, for Example; a Sarcoma, an Atheroma, a Steatoma, a Meliceris, a Sarcocoele, and a Bronchocoele, &c. mentioned before, all which, as they are distinguished by their different Properties from each other, so they are all discriminated from the King's Evil, which has an essential specifick Character, that makes it a Disease of its own distinct Kind, though it agrees with them in some Qualities common to them all: And therefore in my Opinion the Swellings above named are not to be reckoned to the Class of scrophulous Tumours, notwithstanding I am conscious that eminent Authors have given them that Denomination, and made them all so many Species of the King's Evil, though there appears to the attentive Observer so great a Diversity between them.

The Tumours before named, as well as the great Variety of schirrous Swellings, Wens, anomalous Excrescencies, and tumified

fixed Glands of novel Appearance, and without a Name, because incapable of being reduced to any Head, though there is a great Similitude between them, are not however of the scrophulous Kind; no not a Bronchocele, which tho' it exceedingly resembles scrophulous Swellings in the Throat, is certainly of a different Nature. Such Swellings of the Throat and Neck are found among the Inhabitants of the *Alps*, that divide *France* from *Italy*, and are called by them the *Goiture*. These Protuberances that are unequal and often of such an ample Dimension that they hang down very low, are so rife and epidemical in this mountainous Region, occasioned, as 'tis probable, by the Ice and Snow dissolved in the Spring Water they drink, that the Natives seek not for a Cure, as well because they do not find that those Swellings disturb their Swallowing, nor by their Commonness are they allowed to be a Deformity, for whatever becomes common and is generally in Fashion, though at first surprizing and offensive, is then no longer displeasing and disagreeable.

These Swellings above mentioned, like all that are gradually formed by the Impurities of the nervous Juices, seldom come to a right Digestion, but like hard strumous Kernels, tho' by Time they sometimes



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times become soft and fluctuating, and the Skin grown very thin is by Art or Nature laid open, they discharge only a crude Ichor or Sanies and become often an incurable Ulcer ; and in this they resemble the most stubborn Struma's which, as I have said above, sometimes grow soft and fluctuate, but not by Reason of suppurated Matter, but of irregular, corrupt, and unconcocted Contents.

*F I N I S.*



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